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Japanese
Seasonings:
Spice Up Your Cooking

SPECIAL INTERVIEW

Shinobu Yaguchi
(Film Director/Screenwriter)

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[January 2009, Vol. 021]

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ON THE COVER

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Depicting all-boy synchronized swimming in Waterlilies (2001) and an all-girl big jazz band in Swing Girls (2006), writer/director Shinobu Yaguchi is now the most eagerly watched filmmaker in Japan. While visiting New York for the East Coast premiere of his latest film, Happy Fight, Mr. Yaguchi chatted with *Chopsticks* NY.

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FILMMAKING FOR ME IS JUST LIKE BOXING... I ALWAYS FEEL LIKE I'M WALKING ON A TIGHTROPE.

— SHINOBU YAGUCHI



SHINOBU YAGUCHI Born in Kanagawa, He started making short films when he entered Tokyo Zokei University. Once his commercial directional debut *Resident on Pilgrimage* was released in 1982, Mr. Yaguchi's unique sense of humor became a signature of his films. After the smash of *Waterboys*, which dealt with the establishment of an alternate synchronized swimming team, he has continued to create commercially successful films. Along with illustrating Mr. Yaguchi's written stories for magazine series and children's TV dramas, his other works include *Mimicu no Hamazone* (1987), *Adolescent Drive* (1998), *Swing Girls* (2004), and *Tokyo Rhapsody* (2007).

Depicting all-boy synchronized swimming in *Waterboys* (2003) and an all-girl big-jet band in *Swing Girls* (2004), writer/director Shinobu Yaguchi is now the most eagerly watched filmmaker in Japan. In her latest film, *Happy Flight*, her gear is fixed on airplanes. With the eye of Yasujiro Ozu and the wit of Woody Allen, she tackles the upscale comedies that Japanese culture has inspired. While visiting New York for *Happy Flight's* East Coast premiere as part of the AIAA "Nippon Eye" Series, Mr. Yaguchi chatted with *Cineplex* NY.

How would you describe *Happy Flight*?
A super-realistic portrayal of the people who work in the airport but don't get any of the spotlight. Also a suspenseful and humorous story.

It's an ensemble drama, indeed. Why did you choose this style instead of letting one hero solve the problem?
In real life, there are lots of people involved in flying airplanes. It's a mission no single superhero can accomplish, one that can only be achieved by all the staff. It's truly a team effort. So I have multiple heroes in multiple sections to allow the audience to feel this reality throughout the movie.

You used a similar style on your previous movies *Waterboys* and *Swing Girls*. Can I say that is the "Yaguchi style"?
I guess so. *Not Happy Flight* is different from those two movies in the way the multiple heroes do not share the same goal in the beginning. Each protagonist values his or her own responsibility over other sections' responsibilities. Their ultimate goal, however, is the same: to fly airplanes safely and on time. Fortunately though, the more they use their own expertise to achieve this goal, the more they cause conflict. This is what I emphasized in the movie.

● Food

Hi-Chew: A Fruity Treat that Is Sure to Satisfy

For those who like fruit-flavored candy but are sick of ones that are impossible to get unstuck from your teeth or that lose flavor too quickly, fast no more. As of the end of 2008, Marinaga America, Inc. will be offering its famous Hi-Chew candy at 7-Elevens on the East Coast. "They have already been in stores on the West Coast," explains Marinaga America Vice President Shigeo Yamamoto. "In response to a request from 7-Elevens, we will now be making them available in this area." Up until now finding Hi-Chew in New York required scrounging the local Asian supermarket, but once introduced they will be found in local 7-Elevens as well as those in other cities such as Boston and Philadelphia.

According to Yamamoto what sets Hi-Chew apart from similar candy is its quality, specifically its texture and flavor. The former refers to its softness, which lets it be enjoyed in your mouth without sticking to it. The latter refers to the fact that it is juicier and has more long-lasting fruity flavor than comparable products. Its aroma and subtle sourness are appealing, and they easily refresh your mind as well. The flavors to be featured are strawberry, grape, green apple, mango, lemon, and orange.

Those who have been to Japan are likely familiar with the great taste of Hi-Chew, but for most Americans it is still largely unknown. Through this East Coast initiative, Yamamoto wants to change that. "Having been around for over 30 years in Japan, we're a household name and all kids know Hi-Chew. I hope to achieve the same thing here in the States." Hi-Chew will be a new refreshment for both children and grownups in the U.S.

info: Marinaga America, Inc.
www.hi-chew.com



Each piece of Hi-Chew is individually wrapped. This soft fruit candy is coated with another layer of candy-coating for extra flavor.

● Fashion

Bringing Out the Beauty of Stones and Different Cultures

Hough jewelry I try to blend my home country's style and traditions with those of the rest of the world," says Okinawa-born jewelry designer Hitomi O. She appreciates the beauty of nature and incorporates it into her own work in a very Japanese way, with a simple but sophisticated manner. It is not surprising that her jewelry line has made a splash in the art world since she started selling her work three years ago.

Her new collection for Winter 2008-09, called "Space," and embodies this concept of the universe. Many of these pieces are made of dark colors or are transparent, in contrast to brighter works of the past. Hitomi shows one of the pieces from the new collection and explains, "This time I focused less on color than texture. If you look at this piece, you will notice patterns within the stones that resemble outer space."

In addition to her artistic sense, thorough knowledge about stones is her strength. She studied both the stones themselves and how to use them to make jewelry at the Gemological Institute of America. With this background, she uses the utmost care in picking out materials from all over the world. For example, some of the pieces from the Space collection are made of quartz from India and handmade silver from Thailand, and after

collections use beads from India. As each stone has a certain energy, each piece of Hitomi's work gives power to the person who wears it.

She classifies her jewelry as somewhere between costume and high-end, and prices range from an affordable \$50 all the way up to \$500 depending on the piece. Everything is sold online through MySpace, and Hitomi does custom-made work as well.



info: Couture Music Wear
716.923.5004 / 800.240.6001
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Home Alone with Karaoke – Personal Karaoke Machine "Ouchi de Hitokara"

Along with sushi, sake, manga, and anime, karaoke is a huge cultural import from Japan. Now karaoke, which means "empty or chesty" in Japanese, has become so popular in the U.S. that it has established its own karaoke culture. Karaoke culture in Japan, however, is a bit aspect that is not common in this country. Although karaoke originally spread among Japanese people as a tool for socializing, the demand for enjoying karaoke individually is on the rise.

There are many personal karaoke products available in Japan. Karaoke Joy-sound Wi (which allows the user to choose from as many as 30,000 songs using a paid library service available through a Wi-Fi connection), Polekara (a microphone-shaped, pocket-sized karaoke machine that can connect to an iPod or other portable music player), and Hi-kara (a hand-held karaoke unit that includes a handset with a microphone, LCD monitor, and cartridge-style music library) are just a few of these products. At the end of December, Sega Top, a company known for creating innovative gadgets, will release

a personal karaoke machine called **Ouchi de Hitokara** ("Doing Karaoke Alone at Home"). What is unique about this new model is that it allows you to select songs from a tremendous number of titles by accessing a free-of-charge library site (a website for cell phones) called "Hitokara" instead of changing cartridges. Every week the site adds new titles to its library, which currently has 43,000 titles, so users never miss the latest hits. In addition, a high-brightness LED illuminated ball is attached to the machine body—as the mirrored ball rotates, your room transforms into your own festive karaoke "box." Other convenient functions include an echo effect and a volume changer.

The unit includes the machine body, a microphone, a mic stand, a connection cable to your cell phone, and, if you opt for an extra mic (not included in the set), you can enjoy a duet.

info: segatop.com www.segatop.co.jp



© Product

Go Green with Sharp AQUOS

A wide view, a slim body, and great image quality—this is the holy trinity of today's LCD television screen. The newly released widescreen Sharp AQUOS, developed by Sharp Electronics, Inc., meets each of these requirements and allows you to enjoy the theater experience at home. All Sharp AQUOS televisions employ Advanced Super View LCD panels with Black TFT low-reflection coating to reduce glare, and the screen's high contrast ratio enables blander blacks and clearer visual images. You can observe the amazing screen quality for yourself at the **AQUOS Experience in Green Central Station**, a Christmas tree made of 43 Sharp AQUOS LCD TVs in varying sizes.

AQUOS not only brings advanced technology into your home but is also contributing to an eco-friendly society by making a donation to the HOPE Program, an organization that supports impoverished New Yorkers, and helping HOPE to launch the Green Collar Project. The Green Collar Project will prepare HOPE students and graduates for jobs in environmental fields while providing family-sustaining wages, safe working conditions, and chances for advancement.

"We created the AQUOS Experience as a symbol of hope—especially important during this holiday season—and chose to work with the HOPE Program to help those who are out of work," said Doug Kohnline, Chairman and CEO, Sharp Electronics Corporation. At the AQUOS Experience, consumers can enter a sweepstakes to win one of 43 TVs from the tower. As part of this initiative, Sharp will donate \$1 to HOPE for every individual who enters the sweepstakes, with a minimum total donation of \$50,000.

info: aqosexperience.com
info about the HOPE Program: thegreenproject.org



Twenty-six feet high, the tower of 43 Sharp AQUOS screens makes for a stunning visual experience. Liquid-crystal panels, created by Sharp Electronics International in collaboration with Japanese vendor Tatsuya Tokuyama, are on each screen. The panels will ensure you will the visual pleasure.

EKIDEN (駅伝)

JAPAN'S FAST FEET: TRAVELING THE DISTANCE WITH THE EKIDEN



For those who have spent the New Year's holiday in Japan, what comes to mind might be the famous NHK singing contest or visiting a shrine. However, a lesser-known aspect of the *ochugatsu* festivities is the ekiden, or long-distance relay road race. One of the most popular modern ekiden is the Hakone Ekiden. This race from Tokyo to Hakone and back is held on January 2-3, and as a popular spectacle, spent that receives nationwide television coverage. It features 20 specially selected teams from universities in the Kanto area, which is comprised of 8 prefectures near Tokyo. Students from other regions are unable to enter, and for this reason, many high school track runners from other parts of Japan enter Tokyo area universities just for the chance to run the Hakone Ekiden.

The tradition is based on the Japanese version of the Pony Express, when mail was delivered between Tokyo and Kyoto by riders who passed the post bag to the next rider at the end of each leg. These riders were based at stations along the Tokaido, a road used for communication and transportation. In the modern ekiden, the cloth sash or *tsukin* that each runner passes to the runner at the next "station" symbolizes the strap of the mail bag. The term *ekiden* was coined in 1917 and connotes the

a train, and larger national and international races running a full marathon (42.195 km) or longer. There is even a famous annual ekiden called the France-Tokamatsu Cup Nishinippou Round-Byobu Ekiden which lasts for 1064 kilometers and is the longest relay race in the world. The popularity of *Ekiden* in Japan is unsurpassed in any other country, but these races have spread to New Zealand, Canada, Spain, the Netherlands, China, Germany, France, America and Korea.

Ekiden are experienced by all children during their school days and are also held by corporations. When I worked for a time at Toyota headquarters, I somehow got roped into being part of their *ekiden*. I joined the training that took place every during lunch at Toyota's outdoor track, where you would find athletes from various departments testing their skills or hopes of their section taking the *ekiden* that year. In the end, I think it was the camaraderie and reward for hard work that made it such a great experience and are part of what instilled in me a love for running.

The true appeal of *ekiden* is the idea that all runners are together in thought, as symbolized by the *tsukin* connecting them. One drama that is often seen is

Chinese characters for "runner" and "runner." The first *ekiden* was run between the old capital of Kyoto and the modern capital of Tokyo. It took place over three days and a distance of 508 km, and celebrated the anniversary of the moving of the capital.

The lengths of *ekiden* can vary greatly with local races covering 20-30 km with 5-6 runners on a train, and larger national and international races running a full marathon (42.195 km) or longer. There is even a famous annual *ekiden* called the France-Tokamatsu Cup Nishinippou Round-Byobu Ekiden which lasts for 1064 kilometers and is the longest relay race in the world. The popularity of *Ekiden* in Japan is unsurpassed in any other country, but these races have spread to New Zealand, Canada, Spain, the Netherlands, China, Germany, France, America and Korea.

the heartrending phenomenon of the *karage* (or step-up) start. Roads are blocked off for the *Ekiden*, but only for a limited time. Due to this restriction, if the previous runner does not arrive within a certain amount of time the waiting runner is forced to "step-up" and begin his leg. Because he was not able to receive his university's *tsukin*, he will receive a replacement one from the race organizers, but at this point the chain of the original *tsukin* which was supposed to link all 10 runners has been broken.

Indeed, it is the emotional catharsis of *ekiden* that make them so popular. For example, in a marathon if a runner is injured he might drop out in favor of resting for an upcoming race. However, in the *ekiden* if all members do not finish their legs the whole train is disqualified. As a result, participants often push themselves through pain. This year's Hakone *Ekiden* is in its 85th running and a record number of teams are participating, so stay tuned to see what drama unfolds.

— Reported by Stacy Smith

WATCH EKIDEN ON TV

TV Japan will broadcast *Ekiden* matches with the following schedule:

- January 10th (Sat) 2:10pm (ET) Highlight of the 85th Hakone Ekiden (First half of race)
- January 11th (Sun) 2:25pm (ET) Highlight of the 85th Hakone Ekiden (Second half of race)
- January 17th (Sat) 4:30pm (ET) The 23rd Inter-Prefectural Women's Ekiden (Long Distance Relay Race)
- January 20th (Sat) 2:20pm (ET) The 14th Inter-Prefectural Men's Ekiden (Long Distance Relay Race)

For more information, go to www.hyper.net.

Japanese Seasonings: SPICE UP YOUR COOKING

If you want to cook Japanese food or just give a kick to an everyday dish or appreciate Japanese cuisine more, Chopsticks NY™ is here to help. We'll unfold the mystery of Japanese seasonings and invite you into the unique world of Japanese cuisine.

PART 1: VITAL SEASONINGS FOR JAPANESE COOKING

PART 2: WESTERN FLAVOR WITH A JAPANESE TWIST

PART 3: TRADITIONAL JAPANESE SPICES & HERBS



PART 1 VITAL SEASONINGS FOR JAPANESE COOKING

Thanks to sushi and sashimi, shoyu (soy sauce) has become a household word in New York. Miso is also easily recognized because of the popularity of miso soup. Shoyu and miso are essential seasonings in Japan, but there are others that play key roles in flavoring Japanese cuisine.



Shoyu is made by brewing soybeans, water, wheat, salt, and other ingredients. Its clean but full-bodied flavor is good as both a cooking seasoning and a dipping sauce. Manipulating the brewing process and the amounts of the ingredients creates different types and flavors. Kokuchi shoyu is the most common type. For the health conscious, gen-en shoyu (reduced-salt soy sauce) is also available. You can hardly tell the difference in flavor between the two.

Some dishes do not work well with the dark color of shoyu because it mutes their pale color preference. In these instances, usukuchi shoyu (light-colored soy sauce) is often used. It actually tastes richer than kokuchi shoyu, so don't be misled by its light color. Shiro shoyu (white soy sauce that contains more wheat to give it a light color and flavor) is another option. It has a lighter color than usukuchi shoyu and doesn't alter the color of the dish but adds a mild shoyu flavor.

Tamari-shoyu has a greater amount of soybeans than the others and, therefore, a thick texture and rich flavor. It's often used as a dipping sauce as well as for teriyaki or grilled dishes, which require a full-bodied flavor.

Some other popular variations like chinkin shoyu (shoyu with added to soy sauce), azuki shoyu (noodle sauce containing soy sauce with mame and sugar), and ponzu (soy sauce with citrus) are popular seasonings among Japanese



Miso is a fermented seasoning paste made of soybeans, koji, and salt. Soybeans, rice, wheat, and many other beans are used to make koji, which helps to convert starch to sugar. Miso's taste is determined primarily by the type of ingredients, the amount of each ingredient, and the length of the aging period. There are two main types of miso: aka miso (red miso) and shiro miso (white miso). In general, the former has a darker color than the latter and is richer and saltier in terms of flavor.

The taste of miso is closely related to local food culture, and it varies from region to region. Good examples of this are Fukuoka miso and Kyoto miso. Haccho miso is native to Aichi prefecture, and it employs soybean koji to give it a richer flavor. Haccho miso has a full-bodied flavor with a slight bitterness and is a key ingredient of the region's delicacies like miso katsu (breaded pork with miso sauce) and miso nikujyutan (breaded edamame topped with miso bacon). Sekiya miso, on the other hand, is a lighter and milder miso that comes from the Kansai area (the region surrounding Kyoto and Osaka). Unlike haccho miso, miso koji is used for sekiya miso. Its salt content is much lower than that of other miso pastes.

Japanese people use miso paste not only for miso soup but also for marinades and dipping sauces. They play with the different flavors to get the best results for their dishes. Sometimes they mix several different types of miso. Miso is very flavorful and goes well with western ingredients, so you can create a new taste just by adding a touch of miso to a dish.

Submitted by Masahiro Masa

Born in Nagasaki, Japan. After he graduated from Tokyo Culinary Institute, one of Japan's most prestigious culinary schools, Masahiro Masa worked at upscale restaurants in many countries as well as in the Japan Consulate General in New York and the United Nations. After his Masa moved to New York, he perfected his French techniques by working at Daniel Le Brunelle, Alain Ducasse, and Nour de Sel.

COOKING SAKE

Sake is an ingredient seasoning in Japanese cooking that is used to give mild flavor and a touch of sweetness. It's often used in baked dishes. Sake contains amino acid, which is the key component in creating umami (a hearty flavor). Cooking sake also reduces the smell of fish and meat. Cooking sake is specifically made for food preparation—it contains vinegar and some other additional ingredients can be found in regular sake—so you would not want to drink it.



MIRIN

Like cooking sake, it's made of rice and used to add moisture and sweetness to dishes. This yellowish liquid can be said to be a thicker version of sake and contains 40-50% sugar and has an alcohol content of about 15%. Since it is syrupy, mirin is used to flavor a glass of rice, as in tamaki, as well as mixed into dipping sauces and marinades. Because of alcohol taxation, many of the main varieties available in the U.S. have a modified alcohol content.



SU

Although there are many types of vinegars used in Japan, the most common is a rice vinegar called *kozo-su*. It's a main seasoning or sweetener popularly appears that have been soaked in a vinegar sauce. Different blends of vinegar sauces for *suimono* are used according to the flavors of the ingredients being soaked. Popular *suimono* vinegar sauces, *mirin-su*, *shiso-su* and *tororo-su*. *Kemon-su* is also used for making *sushi-nori-nori* and rice vinegar are the perfect match.



OSECHI DISHES WITH JAPANESE SEASONINGS

Recipe 1

Hot no toriniku—Broiled chicken—
(Serves 4 people)

Ingredients

4 skinless broiled chicken legs (about 2 pounds each)
1/2 cup Japanese rice flour, vegetable oil, and salt as needed
(for marinade)

2 tablespoons takuan soy sauce

1 tablespoon sake

1 1/2 tablespoons mirin

1 tablespoon sugar

Steps

- 1 Mix all *shoyu* sauce ingredients.
- 2 Sprinkle on chicken legs. Rub and marinade with vegetables of.
- 3 When *shoyu* sauce is absorbed, get rid of excess oil, add *takuan* soy sauce, and mirin. While marinading, repeatedly sweep sauce until pour on legs of *shoyu*.
- 4 When sauce gets thicker, remove heat and arrange chicken on plates.

Recipe 2

Hot no Unagi—Broiled eel—
(Serves 4 people)

Ingredients

8 medium-sized eel legs with heads
1 1/2 tablespoons *Amazake* soy sauce

1 1/2 tablespoons mirin

1 1/2 tablespoons sugar
1/4 cup dashi broth

Steps

- 1 Cut off eel's legs, then debone to about 7 inches

Osechi ryori is a celebratory assembly of dishes that Japanese eat on New Year's Day. Here are instructions to each recipe using soy sauce, rice cooking sake, mirin, and a touch of Japanese flavor to your New Year's holiday. All ingredients are available at Japanese grocery stores.

Recipe 3

Takao no Shioyaki—Grilled chicken—
(Serves 4 people)

Ingredients

4 skinless chicken (about 2 pounds each) broiled (2 pounds each)

2 pounds *shioyaki* marinade (see recipe)

1/2 cup *shioyaki* marinade

Steps

- 1 Mix all *shioyaki* marinade, and rub.
- 2 Sprinkle salt over chicken and let sit for about 15 minutes.
- 3 Wrap chicken in cold water and dry with paper towel.
- 4 Marinate chicken in *shioyaki* marinade and *Amazake* for one night.
- 5 Wrap *shioyaki* marinade in cold water and dry with paper towel.
- 6 Grill chicken in 400 degree F preheated oven for 15 minutes.

Recipe 4

Kochaku Temaki
—Pork/Chicken/Onions/and Asparagus—
(Serves 4 people)

Ingredients

1 pound of chicken meat

1/2 pound of onions

2 tablespoons salt

white *suimono* for garnish

(pickling sauce)

2 pounds *Amazake* (rice vinegar)

2 cups water

2 1/2 tablespoons sugar

Steps

- 1 Add salt to 2-inch-long strands of chicken meat and carrots, mix by hand, and let sit for about 10 minutes.
- 2 Mix all ingredients of pickling sauce.
- 3 Squash water out of chicken meat and carrots and marinate them in pickling sauce for about 2-3 hours.
- 4 Sprinkle white *suimono* on garnish.



Recipe: *suimono* of *Kochaku Temaki*

PART 2 WESTERN FLAVOR WITH A JAPANESE TWIST

It was about 140 years ago that western culture came flooding into the nation when Japan officially ended its policy of national isolation. Since then, the fusion of Japanese flavor and western imports has created a new genre: *yoshoku* (Japanese-style western food). This was originally a restaurant style, but as it became popular, *yoshoku* entered every household. Western seasonings such as ketchup, mayonnaise, and Worcestershire sauce started being produced inside Japan and developed a unique flavor influenced by Japanese food culture and taste buds.

THE RISE OF JAPANESE KETCHUP

Tomato ketchup became popular as *yoshoku* spread throughout Japan. *One-ni*, a dish containing an omelette and rice mixed with ketchup and chicken, is a typical *yoshoku* menu item and a good example of how ketchup is used in Japan (see photo on right). The texture of ketchup in Japan is similar to that of its U.S. counterpart, but the flavor is a bit heavier. The big difference between the two is their packaging. The container used in Japan is designed with the consumer in mind—its plastic, tube-style container was developed to squeeze ketchup easily.



MANY MAYONNAISE VARIETIES

The usage of mayonnaise in Japan is similar to that in America—it is commonly used in salads, sandwich-

es, and dipping sauces. It is different, however, in terms of flavor. Japanese mayonnaise is more sour and has a smoother texture. There are also many flavored mayonnaises in Japan that are ready to eat without any extra preparation. These combinations include mayonnaise with *versus* (Japanese horse-radish), with cheese, with corn, and with tuna.

As for its container, Japanese mayonnaise comes in a plastic, stand-up tube like Japanese ketchup that allows the user to squeeze it out easily. Another inventive aspect of the packaging is the tube's mouthpiece. The opening appears not mayonnaise in a pretty shape, similar to the frosting on a wedding

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SHIRAKI & KABERI MISO SAUCE

Natural flavor enhancing properties from the flavor of soybeans, onions, and other seafood. It's a mixture of salty and sweet brought to the flavor.

PONZU SAUCE

Ponzo is a mixture of soy sauce, fermented soybean, citrus juice, onions, and other seafood. It's a mixture of salty and sweet brought to the flavor.

TERIYAKI MISO ADDED SAUCE

The original predilection teriyaki can bring many delicious ingredients into authentic Teriyaki dishes. Made with Kikkoman Soy Sauce, water, vinegar, sugar and Asian aromatics, it complements the flavors of meat, poultry, seafood and vegetables from Kikkoman's kitchen.

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cake. Some breads offer two types of mayonnaise for one mayonnaise container, allowing the user to apply it according to the desired separation effect.



VARIATIONS ON WORCESTERSHIRE SAUCE

Unlike the original Worcestershire sauce from England, whose main ingredients are anchovies, tamarind, dates, and garlic, the Japanese version uses various fruits, vegetables, and spices to create its base. Although in its native country Worcestershire sauce is used to flavor stews and soups, Japanese pour it on fried dishes such as tonkatsu (pork cutlets), croquettes, and katsu hanpen (breaded eels).

Many different flavors of Japanese-style Worcestershire sauce are available these days. The most common types are a thin Worcestershire sauce that has a flavor close to the British original, a slightly thick chancer sauce, and a very thick teriyaki or miso-based sauce.

The evolution of Worcestershire sauce does not end here. Every time a new food becomes popular in Japan, a new sauce is also created to complement this new dish. Okonomiyaki sauce and yakisoba (stir-fried noodle) sauce are good examples. Okonomiyaki, a Japanese-style savory pancake with lots of toppings, is not a western food but a dish whose development coincided with Japanese Worcestershire. Okonomiyaki goes better with a sweet, thick sauce rather than thin, salty shoyu, so a sauce was developed to enhance this dish. Yakisoba sauce is another spin-off from Worcestershire sauce. It has a spicy flavor and a caramelized taste that appeals to Japanese appetites.



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PART 3 TRADITIONAL JAPANESE SPICES AND HERBS

If you're looking for super seasonings that add Japanese flavor with just a small amount, here are the ones you should know. They are used nationwide in Japan and are deeply connected to the Japanese heart.

WASABI

If you love Japanese food, you are already familiar with this light green condiment placed beside sashimi and soups. Its unique strong flavor knocks you down, and its pungent aroma rouses up your nose and sometimes makes you cry. Often compared to horseradish, wasabi has a much stronger and sharper flavor.



Freshly grated wasabi is the most flavorful and is a delicacy, it is usually available only at restaurants. Wasabi powder and wasabi paste in a tube are popular for household use. Although they cannot compare with fresh wasabi in terms of flavor, they can be preserved longer and are cheaper. In addition to adding punch to food, wasabi also kills bacteria.

KARASHI (JAPANESE MUSTARD)

Although they come from the same plant family, karashi has a different flavor compared to the mustard commonly consumed in the western world. It is spicier and has a special bitterness. It can accentuate dishes and add depth when added during the food preparation process. Karashi is also used as the sole of often boiled ingredients in a dashi broth, *bum no karashi* (boiled pork belly), and *izayaki chuka* (boiled egg noodles) for extra kick. Karashi comes in

both powder and tube-style varieties.



SHICHIMI TOGARASHI, SHICHIMI TOGARASHI

In Japan, togarashi (red pepper) is mainly used



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in a coarse powdered form, although there are whole and sliced types as well. Iseki (multi-flavor) tsukemono and shichimi (seven flavor) tsukemono are the most popular types. Shichimi tsukemono is a blend of seven different spices and herbs including tea, garbanzo beans that add a complex flavor but looks different compared to shichimi tsukemono. Japanese enjoy both varieties sprinkled on top of udon noodles, soba noodles, and boiled and grilled dishes.

SANSHOU/KINOME

Sanshou is a spice that has been used in Japan for a long time. Sanshou leaves give off a refreshing aroma and has that has a spiciness. Its sprouts, called kinome, have a bright green color, an elegant shape, and a refreshing smell and are used in katsukizi (youri-



to) delicious condiments used in tea ceremonies. Sanshou is also an essential spice for usuzo no ikizayaka (char-broiled on/off). People can use sanshou's sprouts, leaves, flowers, fruit, and bark depending on the flavor they would like. For household use, powdered sanshou is common. Sanshou is one of the spices in the shichimi tsukemono mix.



TUZU-KOSHU

Tuzu-koshu is a paste of blended tsukemono, the skin of yuzu (citrus fruit), and salt and was originally enjoyed in the southern part of Japan. Yuzu's refreshing aroma and the spiciness of tsukemono create a unique flavor, and even one drop of yuzu-koshu changes the taste of the dish. It is spicy compared to other spice mixtures in Japan.

There are two types, green pepper-based and red pepper based. Tuzu-koshu goes particularly well with sashimono (raw fish dishes) and sa-shi.

OTHER CONDIMENTS

A lot of convenient ready-to-eat condiments are available in Japan for everyday cooking. Common ones are nenu-nenu (thin plan) wasabi-choga (grated wasabi), wasabi-senka (grated wasabi), tzu-koshu (salt and pepper), shio (powdered shio leaves), and nemon (powdered seaweed).



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- 2 cloves garlic, minced
- 1/4 cup fresh chives
- 2 tsp mushroom soup concentrate (optional) (optional)
- Fresh chives
- 1/4 cup chopped toasted walnuts
- 1/2 cup dried apricots

Directions:

1. Melt butter in a skillet over high heat until browned.
2. Add mushrooms. Reduce heat and cook 2 to 3 minutes.
3. Add garlic and chives. Saute 1 minute.
4. Stir mushrooms, soup concentrate and fresh apricots. Remove from heat and let cool.
5. Puree half in a food processor. Add mushrooms, liquid and walnuts until finely blended.
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Stepping into Tokyo Bar is like being transported to Tokyo's new underground culture, where the pieces of art on the walls meet the sumptuousness on your plate. They excel at preparing authentic home-style recipes like Tokyo "Ome-Rice"; sweet-tamato sauce incorporated into a hearty mix of diced vegetables and chicken in rice, topped by a fluffy omelette and drenched with demi-glazed sauce and parmesan flakes. Nothing fancy in these typical Japanese signature dishes, but the warm feeling of being home after the first spoonful. The atmosphere gets even more welcoming after 8pm when the guest DJ wraps the lounge with deejabs, and the crowd gathers in the bar to sip on signature cocktails like the refreshing green tea mojito, or dive into the extensive selection of sake and shochu. To complete the artistic experience, do not forget to stop by the bathroom to admire the laser-carved mirrors, and feel the Hanayaku vibe with the circus-style ornaments and the kityo-shaped sinks. Whether you go for the vibrant aperitif, the lounge or the creative, hearty food, Tokyo Bar embodies in the new wave of Japanese nightlife: refined and entertaining but always trendy.



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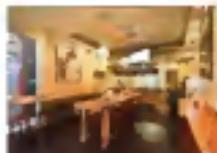


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34 St. Marks Pl, New York, NY 10003
 Tel: (212) 967-2022 | www.setagaya-ny.com



The popularity of ramen noodles with New Yorkers has grown with amazing speed. Ramen Setagaya, one of the ramen houses behind this ramen boom, is opening a new shop on the lively commercial row of St. Marks Place. You must not miss their new signature dish, Syo-yu Ramen (soy sauce-flavored ramen), which represents Ramen Setagaya's philosophy. Make premium ramen with carefully selected natural ingredients. "The distinctive soybean flavor and strong impact of the soup are the main features of this new Syo-yu Ramen" says Mr. Tatsuya Maruyama, President/CEO of Setagaya Group. Different types of ingredients combine to produce a rich, complex flavor in this unique seafood broth. Once you smell its sophisticated aroma, you will not be able to stop eating it. Mr. Maruyama advises, "The best way to enjoy our ramen is to eat quickly. Then you can appreciate the fresh noodle texture and savoring hot soup to the fullest." He also recommends Yukei Men (dipping-style ramen) and Gyoko Ramen (ramen with a variety of toppings), which are new favorites. Ramen lovers will be happy to know that other new locations of Ramen Setagaya are coming soon.

SYO-YU RAMEN



The powerful soybean-rich broth goes very well with the texture of Setagaya's medium-thick, straight noodles. The variety of toppings includes chashu (braised pork), soft-boiled egg, menma (bamboo shoots), onions, scallions, and "Intagami's secret weapon": nori rice (a type of seaweed).

3 Best Sellers

- Tokyo "Ome-Rice" \$12
- Tokyo Napolitan Spaghetti \$12
- Grilled Beef Patty Hamburg \$14

3 Best Sellers

- Syo-yu Ramen \$14 (small) \$16 (large)
- Yukei Men \$14 (small) \$16 (large)
- Gyoko Ramen \$16 (small) \$18 (large)

JAPANESE STYLE CHINESE

Saburi

109 Lexington Ave. (bet. 20th & 21st) (Incl.) New York, NY 10016

Tel: 212-481-7076 | www.saburi.com

Lunch: 11am-2pm; Dinner: 5pm-10pm; Sun: 5pm-10pm; Tue-Sat: 11pm-2am

If you are in the mood for Chinese but want something light and healthy, Murray Hill's Saburi has something new to offer. Billing themselves as "Chinese food with Japanese flair", they use Japanese ingredients to serve Chinese dishes that are sophisticated in both presentation and taste. It is run by chef Jun Cui, born in China but trained in Japan, and his wife, Mika Saito. They are looking to promote the mild and less greasy "wafu chuka" (Japanese-style Chinese) to New Yorkers. For the holiday season they have prepared a special eight-course menu at \$45 per person (minimum two people) included in this fest are Saburi's popular dishes, such as shark fin soup, pan-fried dumplings, gyoza (onions and green pepper slathered with bamboo shoots), soft-fried and sour pork (or chicken), and almond jelly. In addition to the regular menu, makyo-style small dishes are available for \$5 and Saburi is planning to expand these offerings. They are also hoping to capitalize on the addition of a new bar. Says Saburi, "Our late hours allow customers to come by at the end of the night for a drink or a light meal. Because our food is light and healthy, it will not upset your stomach before you go to sleep."



SABURI HOLIDAY COURSE FOR TWO



The eight dishes include soup, an appetizer assortment, dumplings, three small savory dishes, fried rice and dessert, and dessert through January. Another treat in January is Gyoza-Maki (Onigiri-Wrapped Gyoza) served for \$1 (Reg. \$16) on Sundays.

3 Best Sellers

- Unagi Shoyaki Don (Unagi (eel) rice with sauce) \$14

- Spicy Miso Ramen \$13

- Gyoza Rice \$14

SHOCHU BAR / JAPANESE

Shochu Bar Hatchan

2101 4th Ave. (bet. 2nd & 3rd Aves.)

Tel: 212-481-8626

Mon-Fri: 5:30pm-11pm



As the only shochu bar in NYC so far, Shochu Bar Hatchan in midtown Manhattan that opened last May, is truly a step ahead of the game. Although shochu (Japanese spirit) is a field that is only now gaining momentum in the US, this shochu bar never ceases to be busy. Currently carrying more than 40 different types of shochu from various regions of Japan, the bar can accommodate shochu beginners who want to learn about the various types of shochu in the form of flights, and will not disappoint connoisseur level drinkers either. Coming to their shochu list is a wide variety of authentic Japanese bar food. "We tend to have rich, bold, salty, foods pairing a punch like Squid and Spicy Cod Rice and Kakihime-blistered meat to go with shochu. Our warm Oden Assortment is one of the most popular items that is extremely nice in the winter season with shochu on the rocks," says owner/chef Mr. Yutago (aka Hatchan). Because the bar is a part of Hatchan (the restaurant located next door), any food available next door is available here, including the great deals. Even if you are not a shochu fan right now, one foot into the warm, comfortable atmosphere of Hatchan might just change that.

ODEN ASSORTMENT



Oden is a Japanese traditional boiled dish and one of the popular Japanese comfort food that always warms people's bellies. The savor of Hatchan is unique as they use a soft-fried fish, in general, the fish at Hatchan is never too salty yet bold enough to create a perfect harmony with shochu.

3 Best Sellers

- Unagi Shoyaki Don (Unagi (eel) rice with sauce) \$14

- Tomato (pasta) \$12

- Oden Assortment \$12

Midtown West Yakiniku Totto221 W 57th St. (bet. Broadway & 8th Ave.) **\$45.00****Midtown West Yakinoya**241 W 51st St. (bet. 5th & 6th Ave.) **\$45.00**

212-582-0400

Midtown West Yummy Sushi164 Avenue of the Americas (bet. 5th & 6th Aves.) **\$45.00**

212-429-0300

Midtown East**Midtown East 212 Yakinoya**212-570-2122 (bet. 2nd & Madison Ave.) **\$45.00**

212-582-4500

Midtown East Aburaia Kizuna-ya1000 3rd Ave. (bet. 2nd & 3rd Ave.) **\$45.00**

212-582-0400

Midtown East Aoyama485 47th St. (bet. 5th & 6th Aves.) **\$45.00**

212-989-8880

Midtown East Aoyasa14 3rd St. (bet. 5th & Madison Ave.) **\$45.00**

212-989-8880

Midtown East Chiyoda Sushi933 18th St. (bet. 5th & 6th Aves.) **\$45.00**

212-429-0000

Midtown East Goya221 47th St. (bet. Madison & 5th Aves.) **\$45.00**

212-989-7000

Midtown East Koenji Kizuna-ya House

As the famous restaurant that

serves a wide variety of Japanese

and international fusion food.

We offer Japanese-style wine environments

with Aoyama and Chiyoda neighborhoods

prices.

212-751-9911 (bet. 5th & Madison Ave.) **\$45.00**

212-989-4010

Midtown East Go Sushi63 3rd Ave. (bet. 3rd & 4th Aves.) **\$45.00**

212-989-9999

Midtown East Go Sushi202 2nd Ave. (bet. 2nd & 3rd Aves.) **\$45.00**

212-989-7780

Midtown East Gyo-Kaku502 5th Ave. (bet. 5th & 6th Aves.) **\$45.00**

212-989-4810

Midtown East Hakkaku101 5th Ave. (bet. 5th & 6th Aves.) **\$45.00**

212-989-7711

Midtown East Hana202 5th Ave. (bet. 5th & 6th Aves.) **\$45.00**

212-989-0000

Midtown East Heisannoya121 5th Ave. (bet. 5th & Madison Ave.) **\$45.00**

212-989-2000

Midtown East Heisannoya

Casual yet elegant and authentic, this restaurant

is the perfect place to have a special occasion or just a

casual meal.

It's a must-try for anyone who loves Japanese

cuisine. It's the best kept secret in Midtown.

207 5th Ave. (bet. 5th & Madison Ave.) **\$45.00**

212-989-3400 some locations open

Midtown East Igusaku195 5th Ave. (bet. 5th & Madison Ave.) **\$45.00**

212-989-0400

Midtown East Ika-ya164 5th Ave. (bet. University & 5th Aves.) **\$45.00**

212-989-4000

Midtown East Ichigoya Argente

A 5-story building featuring a

whole Japanese-style

Japanese restaurant.

It's a great place for

Japanese food.

| | |
|---|----------------------------|
| Mitsukuni (S) | Shokudo |
| 114-490 33rd St. (bet. 3rd & 4th Aves.) | 212-421-3200 |
| Mitsukuni (S) | Shokudo Kitchens |
| Conveniently located near Grand Central Station, this restaurant offers a variety of Western and Japanese cuisine along with special and set meals. Excellent value. Excellent service. | 212-420-1000, 212-420-1001 |
| 114-490 33rd St. (bet. 3rd & 4th Aves.) | 212-420-1000 |

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|---------------------------------------|-----------------------|
| Mitsukuni (S) | Kushi Yakiniku |
| 212-420-5254, 200 5th Ave. & 3rd Ave. | 212-420-5254 |

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| Mitsukuni (S) | Sushi Aman |
| 903-913 3rd Ave. (bet. 46th & 47th Aves.) | 212-420-3400 |

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| Mitsukuni (S) | Sushi Tei |
| 107-114 4th Ave. (bet. 48th & 49th Sts.) | 212-420-4400 |

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| Mitsukuni (S) | Sushi Tei |
| 151-155 4th Ave. (bet. 50th & 51st Aves.) | 212-420-0700 |

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| Mitsukuni (S) | Tokyo |
| 943-953 3rd Ave. (bet. 52nd & 53rd Sts.) | 212-420-4200 |

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| Mitsukuni (S) | Tosheki |
| 102-104 4th Ave. (bet. 54th & 55th Sts.) | 212-420-4800 |

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|--|-------------------------|
| Mitsukuni (S) | Yaketen Yakiniku |
| Service authentic yakitori, shabu-shabu, teppanyaki, and more. 400+ different items. 100+ different types of meat. A variety of side dishes. Excellent value. Excellent service. Located near the Grand Central Station. | 212-420-4800 |

| | |
|--|-------------------------|
| Mitsukuni (S) | Yaketen Yakiniku |
| Service authentic yakitori, shabu-shabu, teppanyaki, and more. 400+ different items. 100+ different types of meat. A variety of side dishes. Excellent value. Excellent service. Located near the Grand Central Station. | 212-420-4800 |
| 200-202 53rd St. (bet. 6th & 7th Aves.) | 212-420-4800 |

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|--|-------------------------|
| Mitsukuni (S) | Yaketen Yakiniku |
| Service authentic yakitori, shabu-shabu, teppanyaki, and more. 400+ different items. 100+ different types of meat. A variety of side dishes. Excellent value. Excellent service. Located near the Grand Central Station. | 212-420-4800 |
| 200-202 53rd St. (bet. 6th & 7th Aves.) | 212-420-4800 |

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| Mitsukuni (S) | Tenya |
| The table restaurant of Yaketen Yakiniku is the sister. Yaketen restaurant in Midtown. Menus change every two weeks and it's a constant surprise. Excellent value. Excellent service. Located near the Grand Central Station. | 212-420-4800 |

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| Mitsukuni (S) | YAKUMA Restaurant |
| 200-202 4th Ave. (bet. 5th & 6th Aves.) | 212-420-0200 |

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| Mitsukuni (S) | Younag Sushi |
| 171-173 2nd Ave. (bet. 14th & 15th Sts.) | 212-420-0200 |

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|---|-------------------|
| Mitsukuni (S) | Korea Town |
| 41-41 30th St. (bet. Madison & 5th Aves.) | 212-420-3400 |

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|--|----------------------|
| Chelsea | Chelsea |
| 120-130 18th St. (bet. Broadway & 7th Aves.) | 212-545-2400 |
| Chelsea | Chelsea Sushi |
| 100-102 18th St. (bet. 1st & 2nd Aves.) | 212-545-2700 |
| Chelsea | ENPAKU |

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| Chelsea | ENPAKU |
| 265-269 10th St. (bet. 1st & 2nd Aves.) | 212-545-2700 |

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| Chelsea | Imari Sushi |
| 480 1st Ave. (bet. 23rd & 24th Sts.) | 212-545-1800 |

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| Chelsea | Itaya |
| 202-204 18th St. (bet. 2nd & 3rd Aves.) | 212-545-2700 |

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| Chelsea | Masumi |
| 385 8th Ave. (bet. 12th & 13th Sts.) | 212-545-8800 |

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| Chelsea | Misawaya |
| 185 8th Ave. (bet. 12th & 13th Sts.) | 212-545-8800 |

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| Chelsea | Mitsukuni Sushi |
| 161-163 2nd Ave. (bet. 10th & 11th Aves.) | 212-545-2700 |

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| Chelsea | MOMOMOTO |
| 101-103 18th St. (bet. 1st & 2nd Aves.) | 212-545-2700 |

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| Chelsea | Moshe Nicks |
| 408-410 18th St. (bet. 10th & 11th Aves.) | 212-545-2700 |

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|---|---------------|
| Chelsea | Nosaku |
| 182-184 18th St. (bet. 10th & 11th Aves.) | 212-545-2700 |

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| Chelsea | Oni |
| 280-282 18th St. (bet. 1st & 2nd Aves.) | 212-545-2700 |

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| Chelsea | Oni Sushi |
| 101-103 18th St. (bet. 1st & 2nd Aves.) | 212-545-2700 |

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| Chelsea | Oni Sushi |
| 101-103 18th St. (bet. 1st & 2nd Aves.) | 212-545-2700 |

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| Chelsea | Oni Sushi |
| 101-103 18th St. (bet. 1st & 2nd Aves.) | 212-545-2700 |

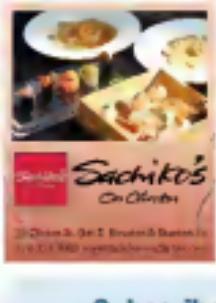
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| Chelsea | Oni Sushi |
| 101-103 18th St. (bet. 1st & 2nd Aves.) | 212-545-2700 |

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| Chelsea | Oni Sushi |
| 101-103 18th St. (bet. 1st & 2nd Aves.) | 212-545-2700 |

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| Chelsea | Oni Sushi |
| 101-103 18th St. (bet. 1st & 2nd Aves.) | 212-545-2700 |

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| Chelsea | Oni Sushi |
| 101-103 18th St. (bet. 1st & 2nd Aves.) | 212-545-2700 |

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|---|------------------|
| Chelsea | Oni Sushi |
| 101-103 18th St. (bet. 1st & 2nd Aves.) | 212-545-2700 |



Sachiyo's
On Chelsea

120-130 18th St. (bet. 1st & 2nd Aves.)

212-545-2700

www.sachiyo.com

Open Daily 11:30am-10pm

212-545-2700

www.sachiyo.com

Divi Divi **GO Bento Box**
Turbulent waters
1 large dinner Bento Box prepared by our bento chef. Includes a choice soup or sandwich with a choice of rice or pasta. (A large lunch box with two healthy toppings in a sandwich. Bento Boxes also available from \$15.00)
1250-444-9100 (ext 250, 251, 252, 253, 254)
212-265-0210

| Post Village | PPV/ED-MY |
|-----------------------|-----------|
| WILSON-1000-1000-1000 | 1000-1000 |
| 1000-1000-1000 | 1000-1000 |
| Post Village | Workers |
| 1000-1000-1000 | 1000-1000 |
| 1000-1000-1000 | 1000-1000 |
| Post Village | Deposits |
| 1000-1000-1000-1000 | 1000-1000 |

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| East Village | JENNIFER BAND |
| 2014 166½ 1st Ave (2nd & 3rd Flrs) | \$100 |
| 2014 167½ 1st | |
| Floor 2 Bays | Karen's Studio |
| 1915 170½ 1st Ave (2nd fl) | \$100 |
| 1915 171½ 1st | |
| East 2 Bays | Karen Yu |
| 1811 24½ 1st floor (back and front fl) | \$100 |
| 1811 25½ 1st | |

| First & Last | Address | Phone | Comments |
|-----------------|------------------|----------|----------|
| John & Mary Doe | 1234 Main Street | 555-1234 | \$100.00 |
| John & Mary Doe | 1234 Main Street | 555-1234 | \$100.00 |
| John & Mary Doe | 1234 Main Street | 555-1234 | \$100.00 |

| | |
|-----------------------------------|-------------------|
| East Village | Markets-In |
| El Super by day (El Super Market) | 10000 |
| El Super by night | 10000 |
| East Village | MECA |
| El Super by day (El Super MECA) | 10000 |
| El Super by night | 10000 |
| East Village | Markets-In |
| El Super by day (El Super Market) | 10000 |
| El Super by night | 10000 |

| Entz 2 Regs | Reserve Calc Zeta |
|-----------------------------------|-------------------|
| 212. Metric PI Rev. 2015.30 Rev 1 | 211.07 |
| 21428.025 | (2) |
| Entz 3 Regs | None |
| 212. Metric PI Rev. 2015.30 Rev 1 | 211.07 |
| 21428.145 | (2) |
| Entz 4 Regs | QH Revise |
| 212. Metric PI Rev. 2015.30 Rev 1 | 211.07 |
| 21428.135 | (2) |

East Village **Outsiders**
2004 10th & 1st 2nd & 3rd floors
721-851-0500

| | |
|----------------------------|---|
| Red Village | Safe Bar Certified |
| 290 L St. (at 1st and 3rd) |  |
| 212-691-1728 | |
| Green Village | Safe Bar Status |
| 290 L St. (at 1st and 3rd) |  |
| 212-691-1808 | |
| Blue Village | Support East |
| 290 L St. (at 1st and 3rd) |  |
| 212-691-1808 | |

| Our Village | Schreyersville/Morrisville |
|----------------------------------|----------------------------------|
| 364-381 Morrisville Rd | 3495-3511 Morrisville Rd |
| 232-237 Morrisville Rd | 232-237 Morrisville Rd |
| Our Village | Shady-Tatum |
| 201-214 10th St. (1st & 2nd Ave) | 201-214 10th St. (1st & 2nd Ave) |
| 254-267 26th St | 254-267 26th St |
| Our Village | Scholebach |
| 388-394 26th St. (1st & 2nd Ave) | 388-394 26th St. (1st & 2nd Ave) |

SOYBEAN

 Making soybean products
 is popular in Southeast Asia
 and Japan. All kinds
 of soybean products
 are available.
 Try some of Edamame
 or soybean flour.
 Edamame is soybean
 seeds in their
 shells. Only natural
 resources are used
 to make soybean products.
 For more information
 about soybean products,
 visit www.soybean.org.

Fire-Village **South Restaurant**
261-0700 270-5000/71 270-5001
273-6271 7700

Gas-Village **Susie**
734-1100 (in the B&B Hotel)
21-902-9999

Fire-TV Shop **South Arizona**
 270-5000 270-5001 270-5002

| Our Village | Relationship | Relationship |
|-------------|--------------|--------------|
| Our Village | Relationship | Relationship |
| Our Village | Relationship | Relationship |
| Our Village | Relationship | Relationship |

East Village **Uptown West**
11 St. between 1st Ave. and 2nd St. Tel. 464-1111

East Village **Village Yonkers**
101 Broadway St. 2nd Flr. 2nd St. 2nd Ave. 1-233-2000



Melissa's Eatery **Tang's Paradise**

| | |
|---|------------------------------|
| 121 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0007 | |
| M. Chen's | Wu Liang Yu |
| 1010 6th Ave. & 1st Ave. (bet. 5th & 6th Aves.) | \$11 L |
| 212-420-2000 | |
| M. Chen's | China-Chinese Cuisine |
| 1010 6th Ave. & 1st Ave. (bet. 5th & 6th Aves.) | \$11 L |
| 212-949-0002 | |

Melissa's Eatery **Chu Choo**

| | |
|---------------------------------------|--------|
| 219 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-420-2000 | |

Melissa's Eatery **Symphony Seng**

| | |
|--|--------|
| 219 Lexington Ave. bet. 49th & 50th Sts. | \$11 L |
| 212-949-0003 | |

Melissa's Eatery **Evergreen**

| | |
|--|--------|
| 101 W. 32nd St., bet. 6th & 7th Aves. (bet. 5th & 6th Aves.) | \$11 L |
| 212-949-0001 | |

Melissa's Eatery **Grand Salleon**

| | |
|--|--------|
| 104 W. 32nd St., bet. 6th & 7th Aves. (bet. 5th & 6th Aves.) | \$11 L |
| 212-949-0003 | |

Melissa's Eatery **Mei Noodle Shop**

| | |
|---------------------------------------|--------|
| 105 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0005 | |

M. Chung's **MM K's**

| | |
|---------------------------------------|--------|
| 214 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0006 | |

M. Chung's **Our Place Shanghai**

| | |
|--|--------|
| 102 W. 32nd St. (bet. 5th & 6th Aves.) | \$11 L |
| 212-949-0001 | |

M. Chung's **Peking Duck House**

| | |
|---------------------------------------|--------|
| 103 W. 32nd St., bet. 5th & 6th Aves. | \$11 L |
| 212-949-0002 | |

Melissa's Eatery **Shun Lee Palace**

| | |
|--|--------|
| 104 W. 32nd St., bet. 5th & 6th Aves. (bet. 5th & 6th Aves.) | \$11 L |
| 212-949-0003 | |

Melissa's Eatery **Tee Yung Restaurant**

| | |
|--|--------|
| 94-1 W. 32nd St., bet. 5th & 6th Aves. | \$11 L |
| 212-949-0004 | |

Dim Sum **Grand Salleon**

| | |
|---------------------------------------|--------|
| 101 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0007 | |

Dim Sum **Rockefeller Dumpling**

| | |
|--------------------------------------|--------|
| 91 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0008 | |

Dim Sum **Woktys**

| | |
|--|--------|
| 110 Lexington Ave. bet. 46th & 47th Sts. | \$11 L |
| 212-949-0009 | |

Dim Sum **Chowmein Brasserie**

| | |
|---|--------|
| 99-1 Lexington Ave. bet. 46th & 47th Sts. | \$11 L |
| 212-949-0000 | |

Dim Sum **Empress Shabu Shabu**

| | |
|---------------------------------------|--------|
| 120 W. 32nd St., bet. 5th & 6th Aves. | \$11 L |
| 212-949-0001 | |

Dim Sum **Dumpling Man**

| | |
|---------------------------------------|--------|
| 102 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0012 | |

Kakidome Dumpling

| | |
|---------------------------------------|--------|
| 102 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0013 | |

Louie's **Wing**

| | |
|---|--------|
| 40 Lexington Ave. bet. 36th & 37th Sts. | \$11 L |
| 212-949-0003 | |

Louie's **As Noodles**

| | |
|------------------------------------|--------|
| 200 2nd Ave. bet. 34th & 35th Sts. | \$11 L |
| 212-949-0003 | |

Louie's **Big Wong**

| | |
|---|--------|
| 41 Lexington Ave. bet. 36th & 37th Sts. | \$11 L |
| 212-949-0010 | |

Louie's **Dim Sum**

| | |
|---------------------------------------|--------|
| 102 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0011 | |

Louie's **Excellent Dumpling**

| | |
|--|--------|
| 117 Lexington Ave. bet. 36th & 37th Sts. | \$11 L |
| 212-949-0002 | |

Louie's **Exquisite Dimsum**

| | |
|---------------------------------------|--------|
| 104 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0003 | |

Louie's **Jing Wong**

| | |
|---------------------------------------|--------|
| 212 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0004 | |

Louie's **Joe's Gisper**

| | |
|---------------------------------------|--------|
| 212 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0005 | |

Louie's **Joe's Dumpling House**

| | |
|---------------------------------------|--------|
| 212 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0006 | |

Louie's **Joe's Dumpling House**

| | |
|---------------------------------------|--------|
| 212 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0007 | |

Louie's **Joe's Gisper**

| | |
|---------------------------------------|--------|
| 212 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0008 | |

Louie's **Joe's Gisper**

| | |
|---------------------------------------|--------|
| 212 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0009 | |

Louie's **Joe's Gisper**

| | |
|---------------------------------------|--------|
| 212 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0010 | |

Louie's **Joe's Gisper**

| | |
|---------------------------------------|--------|
| 212 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0011 | |

Louie's **Joe's Gisper**

| | |
|---------------------------------------|--------|
| 212 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0012 | |

Louie's **Joe's Gisper**

| | |
|---------------------------------------|--------|
| 212 W. 32nd St., bet. 6th & 7th Aves. | \$11 L |
| 212-949-0013 | |

Lee's Famous

| | |
|---------------------------------------|--------|
| 121 E. 20th St., bet. 3rd & 4th Aves. | \$11 L |
| 212-949-0001 | |

Lee's Famous

| | |
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| 121 E. 20th St., bet. 3rd & 4th Aves. | \$11 L |
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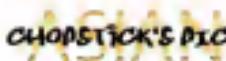
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The Succulent Asian Flavor of Peking Duck

If you're not in the mood for Japanese cuisine but still want something Asian, try the **Peking Duck House**.

Their specialty at the restaurant is — you guessed it — Peking Duck. The Chinese delicacy from Beijing was originally a royal cuisine. Slowly roasted duck produces thin, crispy skin and juicy, moist meat. Around seven ducks a day are served to the appetizing clientele at the restaurateur's Midtown location on E. 53rd Street. General Manager and Partner Alex Low helped establish the Peking Duck House in 1980, two years after its Chinatown location opened. Low has seen the neighborhood evolve into a thriving business area, and three generations of his customer base regularly enter his restaurant, hungry for Peking Duck. Low describes the鸭 as "the best in the country," and it goes through an arduous process. By the time the duck arrives

at your table, it will have traveled from a Long Island farm and spent seven hours being prepared and roasted. Head Chef Tom Tsui, who has been with the Peking Duck House for 20 years, carves the duck to reveal the succulent results of the day's labors: crispy skin and tender meat. Add that to the pancakes, scallions, cucumbers, and hoisin sauce, and you have a hearty meal.

The menu at Peking Duck House offers classic Chinese dishes — including Szechuan, Shanghai, and Cantonese style — so if Peking Duck isn't what you crave, you still have plenty of options.

January is the time to try the Peking Duck House. Parties of at least two can order from a special Chinese New Year menu from January 26-31.



Watch the mall! Delicous Peking Duck after seven hours of preparation time. The peking house cooks around 40 peripeles for family or restaurant. Amazing platters!



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CONVERSATION WITH SAKE SOMMELIER

SAKE: A LIFETIME ENDEAVOR

From an early age, Ms. Yoko Hess, the sake sommelier at Tora Shin, has appreciated the depth of sake ever since she was introduced to it at her family's *tsukaya* (Japanese pub) in Japan. Nine years ago, when she came to New York and started working as a bartender, she decided to make her specialty of sake to another level. After all these years, she's still mesmerized by the vast world of sake, and considers *za zu* (the chains that just think the sake is food pairing with sake) will be her personal lifelong endeavor.

What do you think is the allure of sake?

I think it's its ability to bring out the good qualities in food while getting rid of the bad qualities. Often beverages, whether it's wine or shochu, are good with food, but I think there is something beyond that with sake. For this reason, I feel that sake has the most depth. When you think about Japanese food, I think the reason sake became so popular throughout Japan was because we eat raw fish, which is very good, but it does have that raw smell, and sake makes that go away. I think it's the only beverage that can do that. But it's not just with Sushi, or with Japanese food. Sake does that for all kinds of foods.

Do you have favorites?

I don't really have a favorite brand or anything. My choices depend on what mood I'm in and what I will be eating. But I do make a point to have the seasonal sakes every season. It's winter now so I like Iwatehochi sakes these days.

What was the most memorable sake for you so far?

I would say the most memorable sake for me is Kubota. My aunt owned an *tsukaya* which is where I had my first encounter with sake at an early age, and also where I had my first restaurant job. There, Kubota was the first sake I tried. I didn't like it at the first time, to be honest, but later, I tried it with sushi, and I liked it very much. I couldn't believe how the taste changed with food.



Each of the sakes at Tora Shin are carefully hand-selected by Ms. Hess, creating a lineage of sake that pairs best with the *Nihon* cuisine of the restaurant.

What are some of the new trends in sake?

I think the sakes that are coming out now are easier to drink. I think just until recently, sake was a lot denser or heavier and a bit more difficult to drink. Now, I think that more and more sakes are clearer and lighter. We were actually spoke to some brewers about this, and they told me they have changed the water filtering system to create the best quality water possible. The new technologies are also allowing brewers to make better quality sake. Not that there is anything wrong with the old kind because I personally like the heavy ice taste in those types of sakes, so I really like the *tsukadachi* styles where you can taste the rice. To me, when I drink these traditional sakes, I feel like I'm drinking "SAKE" [laughs].

How are you pairing sake with foods in Tora Shin?

Here, we have yakiniku (grilled chicken), which comes with either the toro (Japanese BBQ sauce) or achari-grilled (with salt). You can't possibly suggest a pairing for each of the steaks, so in general, I recommend clear sakes like Junmai Daiginjo or Daiginjo for the soft grilled yakiniku, such as Hikisan-in, and Nambu 65jin. For toro, I tend to recommend Junmai

I think that these condiments bring out the flavor of the grilled chicken best, but it depends on your preference.

Do you experiment a lot with sake temperatures when you're drinking on your own?

I don't try to experiment a lot, but sometimes I have some fun, accidental discoveries. What I like to do these days is to warm up the sake just a tiny bit. I actually discovered this when I was trying to make hot sake, but I couldn't warm, so I drink it slightly warm, and it turned out to be very nice.

How can sake beginners choose the right sake?

I personally think that you can tell a lot by the label of the sake. Usually, the image of the label comes pretty close to the taste it represents. That's how I started when I didn't know much about sake. After you try different kinds, you can start making more educated decisions based on your own preferences.

Tora Shin
1151 3rd Ave. (bet. 64th & 65th Sts.)
New York, NY 10021
Tel.: 212.665.2288



Let's go to Niigata, the sake capital of Japan!



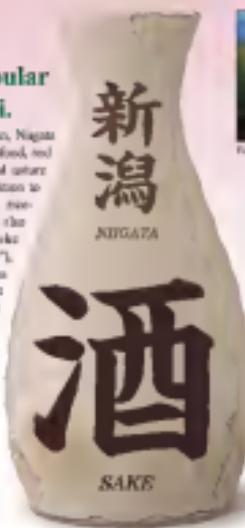
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Located on the Sea of Japan, Niigata Prefecture has abundant seafood, and is blessed with the plentiful water of the four streams. In addition to being a widely known rice-producing region of Japan, it is also famous for its sake. The taste of Sake from Niigata is called "Sweet" (Sweet & dry),

with its characteristics being a lower bitterness and lighter taste. There are more than 90 different sake brewers in the prefecture so you can try all the varieties and their individual tastes.

On March 14th (Sat.) and 15th (Sun.) 2008, the Niigata Sake-no-Jin will be held in Niigata City, about 2 hours from Tokyo on the Niigata Shinkansen line. Sake brewers from all over the prefecture will bring their best sake for you to try. Be sure to come in you don't miss this once in a lifetime chance!

Check here for Niigata Prefecture's official tourism information
www.enjoyniigata.com



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KUROMARU: A SHOCHU THAT CAN PLEASE A SAKE LOVER

Having worked in restaurants in Tokyo since he was 17, the Head Chef at Soba Totto, Mr. Hayashi Iku, is a master when it comes to traditional Japanese cooking. Though he admits that he is a sake fan when it comes to drinks, he says the sweet potato based Kuromaru is a kind of shochu he enjoys drinking.



How long have you had Kuromaru on your bar?

We've had it since we opened last December. It was one of the first ones we put on the list, because it is very easy to drink by itself, and also it goes with pretty much everything. I actually enjoy this shochu because of that. Most potato-based shochu has a strong potato smell, and can be hard to drink for people who prefer sake like me, so I usually prefer using (hairy) shochu, if I were to have shochu at all. But Kuromaru is a very clean tasting potato shochu, and it goes down really easily.

Is shochu in general popular at your restaurant?

I would say shochu and sake are about 50/50 at

our restaurant. Some days sake goes out more, and some days shochu goes out more. In general our Japanese customers are ordering more shochu now, and the non-Japanese customers tend to order sake.

Why do you think that is?

I think that shochu is more complex and it can be a bit difficult to understand. It's not soft like sake, yet it's different from other hard liquors like vodka and whisky. And I also think it's just not as known as sake in the American yet.

How do your customers order shochu?

Most of our customers tend to like it straight up, or mixed with soda. But it really varies. On our menu, we have a lot of ways you can order the shochu such as with plants, lemon, soda, fresh squeezed grapefruit juice, melon, etc, etc. We also have a few original cocktails here that use our potato shochu.

What is the signature dish at Soba Totto and how would Kuromaru go with it?

Our signature dish is Soba, of course, but in particular the standard, Zaru-soba, and Kubo-soba. The clean taste of Kuromaru doesn't get in the way of the soba, so it is really a nice match. But Kuromaru is so versatile you can have it with ev-

erything from Takoyaki, to Shungiku no Okonomi, to Fudoume Shigoku Shiozuke Aburaosoboro that are also on our menu.

Any suggestions for shochu beginners?

That's a nice year, I think that pairing shochu and water (shochu in a Kyogoku (black kettle for shochu) and having a warm would be really nice. This makes shochu milder and easier to drink. If you choose the right water to mix with, the taste of the shochu and get better. Heating, of course is to get the water from where the shochu was made, but that's almost impossible, so I think using bottled natural water would do.

Shochu Tip

Throughout the southern region of Japan, shochu has been a part of people's everyday lives for centuries. People in these regions naturally know how to drink shochu. Making the winter shochu warmer is a good idea to let the real flavor blend in correctly in these regions, and in accommodating this many different types of sweetish shochu contributions were developed throughout this area. Anyshochu is one of the most common shochu servers from Sakuraya (Kyogoku-shima prefecture) made with special clay kept in iron content that gives the server a black metallic look.



From the subtle taste of the Shungiku no Okonomi to the much more bold taste of Takoyaki, Kuromaru is perfect sink to have with any meal. Its clean taste with the hint of sweet potato essence is delicious without getting in the way of flavor, you'll have a strong core that can stand up to various rich flavors.

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A Shochu Moment with Kyoya

—Kyoya's Oldmit Shochu Distillery—
Vol.15 'Kappa no Sazoi-rou'

A Shochu Moment with Kyoya Speaking of distilled liquor, the more undiluted of distillation affects the taste most. Compared to high-grade vodka which is distilled repeatedly 4 to 6 times in triple distillation, authentic shochu is distilled only once. Single distillation according to the rules and regulations (the main difference between single distillation and multiple distillation is that the former means the flavor of the ingredients more intensively and also gives a subtle taste of alcohol). Furthermore, there are two types of distillation methods: room pressure distillation and decompression distillation. The latter makes the taste of spirits more sophisticated. Authentic shochu produced using single distillation with decompression methods results in complex and subtle flavors, which is exactly what Kyoya is.

—Kyoya Wakiyama



Information

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Toga Japanese Books (MD)
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■ UPPER EAST SIDE

Food Emporium at 85th St
Food Emporium at 111th St
Food Emporium at 125th St
Gratidore's at 78th St
Gratidore's at 95th St
Gratidore's at 119th St
Gratidore's at 169th St

■ MIDTOWN EAST

Food Emporium at 33rd St
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■ CHELSEA & GRANERY

Food Emporium at Union Sq
Gratidore's at 11th St
Gratidore's at 18th St
Gratidore's at 20th St
Gratidore's at E. 29th St
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OSHOUGATSU: JAPANESE NEW YEAR

DIG INTO JAPAN'S MOST IMPORTANT FESTIVAL



Welcoming the New Year is the most important holiday activity for Japanese people. In order to celebrate the New Year in a fresh mood, people clean their houses, settle unfinished business, and tie up any other loose ends. At the same time, people are busy decorating their homes and cooking special food in preparation for the New Year's celebration. So, technically, New Year's Eve is the busiest day of the year for Japanese people. Once everything is done, they turn to *Yoi-ni-kome* (the watch-night bell) at midnight and welcome the New Year quietly.

Although the custom of celebrating the arrival of the New Year in Japan has been around for a long, long time, Japanese people started celebrating January 1st as New Year's Day only about 130 years ago, when Japan adopted the Gregorian calendar after the Meiji Restoration.

People usually spend the early morning of New Year's Day with family, eating *Osashi Ryori*, a special celebration food, and drinking *O-kome*, a special sake with herbs. People receive *Nengajo*, New Year's postcards, and kids are given *Osahadou*, celebration money. Recently, people have even started shopping on the morning of New Year's Day. The New Year holiday is actually one of the most productive periods

for retail stores.

Key words to understand Japanese New Year

KADOMATSU / SHIMEKAZARI / KAGARINMOCHE



These are the basic New Year's decorations. *Kadomatsu*, a pine tree decoration, is placed on the gate or entrance of a house to welcome *Toshigomenawa*, the deity of the coming year. *Shimekazari*, a rope made of rice straw, serves to delineate a sacred area. Japanese people buy rice in late December to make *Kagarinmochi*, round rice cakes to offer to the deity.

*Most of the grocery stores in New York area carry Japanese New Year's decorations. Please see the list of grocery stores on page 16.

NENGA-JO

Japanese customarily send New Year's Day postcards, *Nengajo*, to their friends and relatives. This is similar to the Western custom during the Christmas holiday. In Japan, however, it is important that *Nengajo* are delivered on January 1st. People use specific kinds of postcards or write "nenga" on the front so that Japan Post's offices can separate them from regular postcards and deliver them on January 1st. Japan Post guarantees to deliver *Nengajo* on the first of January if they are posted within a certain time limit, usually around mid-December. Since New Year's Day is the busiest day for Japan Post, it hires part-time workers to help deliver *Nengajo*. Although E-cards are becoming increasingly popular, Japanese people still keep this custom of sending their New Year's greetings via snail mail.

"AKEMASHITE OMEDETOU (GOZAIMASU)"

When Japanese people welcome the New Year, they use these celebratory words. It literally means "Happy New Year to you on the dawn." This phrase is often used in the greetings of *Nengajo*. If you want to be more polite, add "gozaimasu" at the end. Nowadays, younger people tend to use the shortened, more casual "Ake-Ore."

HATSUMÔDE

This is the first shrine visit of the New Year. Many people take part in *Hatsumôde* during *Sengenchi* (the first three days of the New Year). People pray for their health and luck and buy *Omamori* (good-luck-charms), *Mamego* (charm arrows), *Kagururu* (purplebeads), and *Kensaki* (charm robes). The most popular shrines in Japan are *Meiji Jingu* in Tokyo, *Honden-Shinden* in Chiba, *Kasuga-taisha* in Kasuga, and *Fushimi-inari* in Kyoto. Each of them has almost 3 million visitors during the New Year's holiday.

OTOSHIDAMA

This is what young kids crave during the New Year's holiday. In Japan, people have a custom of giving pocket money to children during this period. The amount varies depending on the family and the age of the child. *Ososhidama* is handed out in a small envelope called a "pochiburoku."

TAKOGE / KID HUA- MAWASHI / FUKUWAHAI / HANETSURI

OSECHI RYOURI

It is a Japanese tradition to eat *Osechi Ryouri* throughout the New Year's holiday (until January 3rd). *Osechi Ryouri* is traditionally served in layers of lacquer boxes, *ubata*, to bring "layers of luck." The dishes include *Edoboshi* (Dried Red), *Kumazome* (Immersed Black Beard), *Edomae* (Rolled Sweet Onigiri), *Konkoton* (Masked Sweet Potato with Sweet Chestnut), *Kiyami Gobo* (Unripe Burdock), *Tsunuri* (Candied Dried Sardines), *Aburauso* (Pickled Daikon Radish and Carrot), *Amemo* (Smoked Vegetables), *Kinmedai* (Herring Roe), *Edo-ko-aki-mushi* (Sake Steamed Shrimp), *Pink and White Kanihoshi* (Fish Caviar), and *En-ao-cho-paku* (Grilled Sea Bream). Each dish in *Osechi* has a symbolic meaning; the dishes usually promote good health, fertility, longevity, goodness, or happiness. People are supposed to finish cooking *Osechi* before New Year's Eve so that they can spend the New Year's holiday

without cooking. The taste of the dishes is usually strong—sweet, sour, salty, or dried—because they have to keep for several days. These days, people are more conscious of using time efficiently, so they tend to buy ready-made *Osechi* dishes available at stores and restaurants in Japan. People also do not really follow the strict rules of *Osechi* as much as they once did but rather create their own ways of preparing and enjoying the foods of the New Year.

**O-ZDUNI**

This soup is eaten during the New Year's holiday along with the traditional *Osechi Ryouri* (see details in the box above). It usually contains mack (bacalao) and vegetables. There are millions of styles from region to region and family to family. Some people use clear soup, others use miso soup. Some use round mack, others use rectangular mack.

KAIZOKU

Kaizoku is the first calligraphy of the year. Traditionally, people write lucky words or poems. It is not common to do this at home, but schools often have a *Kaizoku* contest.

NAKIZOME

Nakizome is the first calligraphy of the year. Traditionally, people write lucky words or poems. It is not common to do this at home, but schools often have a *Kaizoku* contest.

HATSUYUME

In Japan, it is believed that the first dream you have in the new year foretells the luck you will have in the ensuing year. People don't consider the night from December 31st to January 1st as the first night but rather the night from January 1st to the 2nd. It is considered to be particularly auspicious to dream of Mount Fuji, a hawk, or an eggplant.

ETO

Eto consists of *Jikan* (10 symbols) and *Jinsoku* (12 symbols for the 12 zodiac signs), and it is used for indicating the year, month, and date. It is said that the prototype of this calendar was created in China in the age of Yin (61 C. 1300), and Japan adopted the calendar about 1300 years ago. One of the 12 Chinese zodiac symbols, represented by different animals, is applied in each year. Although this type of calendar is obsolete in Japan, *Jinsoku* remains in December and January because Japanese people often draw the symbol on *meigai* (the New Year's postcards). The animal for year 2009 is the boar.

Season's Greetings,
with best wishes for
a Happy New Year!

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— Katsumi Mizanobe, President

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Best wishes for a happy & prosperous New Year.

It is Japanese tradition to purify ourselves
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We help our visitors to cast off any sins and evil influences
that they may have accumulated in the past year.
Visit our shrine and pray for a good beginning.

— Rev. Masaharu Nakashita



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Warmest thoughts &
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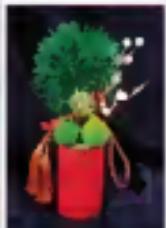
— Koko Sada & Yoko Sada

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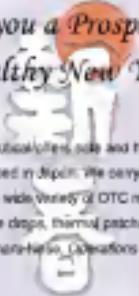


Best Wishes for a Happy New Year



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—Yoshiharu Hidaka, Operations Manager



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A Happy New Year!

MAY ALL BEINGS BE HAPPY,
WELL AND PEACEFUL!

—REV T. KENITSU NAKAGAWA



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Holiday time is to say
"Thank You" as we wish you
a full year of Happiness and
Success. We look forward to
your continued support
in the coming year.

—Shige Kusuda

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LIFESTYLE

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BRING YOUR IMAGE INTO FOCUS — KAORI IMAGE

From international telecom executive to image consultant, Ms. Kaori Higase brings the tricks of the trade to a chic loft near Union Square.

Why did you start doing this image consulting?

I was once a high-powered executive at several international telecom companies, but my marriage did not really allow me to pursue that career anymore and I felt obliged to shift my focus to my household. I didn't feel the same excitement and sense of challenge, compared to my executive life, so I started exploring avenues where I could direct my energy instead of just staying at home. Eventually, I found that I could use my experience in the corporate/business world to help others improve their self-image.

Normally, image consulting is limited to politicians and those in high society who can afford it, however. I wanted to reach a broader range of clients and felt that my services should be as affordable as a spa treatment or a haircut at a nice salon. So I started my image consulting business in 2006 at my apartment on the Upper West Side. When I realized there was a need for my services,

How do you find a "standard" image between Japanese and American cultures?

I am trying to find a global standard which is a neutral position. The image doesn't have to be just a strong, independent mature woman because Japanese women are not raised that way. But at the same time, they don't have to always be a quiet, humble lady who is just waiting for her husband to come home. The image needs to be flexible.

What's the best part about your job?

I'm doing more "life coaching" now. The clients can really open up to me because I am completely removed from their personal and professional life. I like the "coaching" aspect of my job because I can give advice to my clients and help them gain confidence.

Whenever I get a thank you email or phone call saying that someone got a "step up" — they got promoted, found a new job or got married, etc. I am so proud. I don't really feel like I'm the one doing anything per se. I am just encouraging the client to give off a more positive image and "go for it." I am their "motivator."

Could you give us some styling tips that we should keep in mind for improving our image?

First of all, changing your image doesn't have to cost a lot of money. You can do simple things by changing your lipstick, mascara, shirt, hair, small accessories, etc. Changing your image is a professional strategy to win — in both business and your personal life.

As for clothes, avoid muted and dull fabrics. Choose fabrics with a bit of sheen to them, which will show up nicely in photos. If you want to have a vibrant



Keen consults with Chey about her "ideal" image.

effect, wear a suit which has a colored lining. When wearing black, don't forget using a facial highlighter to brighten your complexion. Also, I suggest you create contrast between your clothes and your demeanor. For example, dress sexy but be able to talk about mundane, professional things. Or dress natural, but speak and behave in a feminine manner.

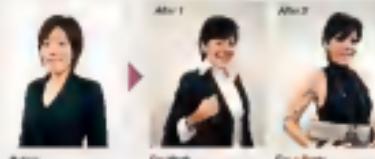
IMAGE CONSULTING TRIAL

Kei gives trial model Chey a full image consultation session. She asked Chey about her "ideal" image. Kaori, a former body and color analyst, observes that Chey was stuck in a conservative Japanese way of dressing and behaving. Her clothes were a bit boring and she needed to brighten up her overall image.

Kei analyzed her body type and recommended clothes based on Chey's body type to create a more mature

"sassy" appearance. Accessories were added for a bolder, yet professional look. First, makeup is used to emphasize Chey's beautiful facial features. Finally, hair is re-styled to give Chey a more polished presence.

After the consultation and makeover, Chey said, "I feel more confident in the white shirt with the vertical lines. Wearing a perfectly-fitted suit and a bouncy dress shirt naturally gives me better posture. I look more like a mature adult and more professional."



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(212) 623-5207
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Get Immersed in the Universe of KAMPO (Japanese Herbal Medicine)

Although a healthy lifestyle is revered in American society, most of us are so overworked that we don't give our body the attention it deserves, thus increasing the risk of various ailments developing.

"In order for the body to function properly, Qi (energy) must travel through the body's five major organs: the heart, lung, spleen, liver, and kidney," described Yoko Nossik, Dipl. Ac. Dipl. CHL, a certified Chinese Herbologist and acupuncturist from the Ito Holistic Center in Midtown Manhattan, where I receive Kampo (Japanese Herbal Medicine) consultation.

In order to properly diagnose my Qi imbalances and recommended treatment, Ms. Nossik asked detailed questions about my life before checking my pulse, eyes, and tongue. This style of "personal consultation" and involvement is what makes Ms. Nossik's analysis so effective. Ms. Nossik's thorough knowledge of kampo not only helped her detect my problems, but it also gave deeper insight

into what influences them. Just listening to her in-depth explanation about various kampo treatments and the philosophy behind them was an eye-opening experience. "All five organs represent a small universe that exists within you. When Qi cannot pass through one of your organs the other four become Qi deficient," she explained. During my consultation she noticed that my heart Qi was overused while my liver Qi remained stagnant. Both my oily liver Qi and overworking heart Qi contributed to my emotional and physical condition. The next step was for her to prescribe the correct Japanese herbs to "tonify" my heart Qi and "dispel" my liver Qi.

Visiting Ito Holistic Center was an educational experience, and Ms. Nossik's attention to detail followed by her thorough analysis was comforting; a far cry from the live-exam assessment I get when visiting a doctor in the hospital. If you are looking to heal yourself without the side effects of prescription medicines, then the Ito Holistic

Center is your one-way stop to enlightenment. There is no point living life in the藩籬 if you are not healthy enough to enjoy it.

—Reported by Scott Frank

Ito Holistic Center currently offers a discount price for 30-minute consultations for \$20 (Reg. \$30). The price of prescribed herbs ranges from \$30 to \$100 for 2 months depending on the types of herbs.



Ito Holistic Center
916 485 St., Box 11 (bet. Madison & 5th Aves.)
New York, NY 10017
(212) 213-0999 www.ito holistic.com

JAPANESE/ENGLISH BILINGUAL BROADCAST

INDEPENDENT JAPANESE TV
IN THE NY, METROPOLITAN AREA

USN-TV

Every Saturday 5:30PM - 6:30PM **nyctv**
TV-Channel WWYE / NYC-TV 25. No cable system
required! Check your local listings on our website!



PR-W: Today is China-up


Japan Report


Visit Ito Holistic

U.S. Nippon Communications Network, A Division of IPI (U.S.A.)

USN-TV New Years Programming

January 3rd (Sat.) USN Report Roundup #1 -Food Special-
A year in review. In this episode, passed since we started USN Report broadcast, introducing many delicious foods such as Ramen, Sushi, Japanese Soba, Fried Yogurt, Poco's Fave, and Sushi. Which the most popular item among viewers will be compared with a chance to eat one of our "guo bao-guji". So please stay tuned!



January 10th (Sat.) USN Report Roundup #2 -Matsuri Special-
In 2008, USN Report featured many matsuri, an interview with Grammy nominated Kikyo, the historical role performance of Akito Hidaka at the Apollo, also original Matsuri Burning in Central Park. This week, we will bring you a special guest on review.

January 17 (Sat.) USN Report Roundup #3 -Art Special-
Meeting with many artists since we began our news coverage that covered. This week's program will be on art. From traditional Matsuri to modern art. The brushstrokes by up and coming artist Hideto Ochiai we will make another look at them.



Please check out our website for more information.
<http://www.usn-tv.com/contact/index.html> (in English and Japanese)
Also, web-broadcasting area
<http://usnnewsblogspot.com>

Tune in now! 

FUMITAKE

(BAMBOO FOOT MASSAGE) BY NORI NAKAMISHI



My feet make their second appearance in Chopsticks NY. You can't see it, but I have a fumitake under the matress because I have hard wood floors. I advise you to do the same.



See? Just a simple piece of bamboo. It's amazing that simple being solution, the bamboo is so sturdy. It holds my feet balanced with absolutely no problem.



Happy New Year everyone! I hope you are celebrating with your loved ones by over eating, over drinking, and under sleeping. There is truly nothing more special than sharing a hangover or food coma with people who are predisposed to forgiving the pitiable state you might be in. On a personal note, it's been quite a year writing these Buying Japan articles, and we look forward to another year of showcasing fun and unique products.

Now WHAT – you may ask – do you use here? This may be the first item we have introduced that is not immediately recognizable in a Western context. Of course, we all can see it is a piece of bamboo, sectioned, and then split lengthwise. But what is it for? Breakfast? A doormat? A candle holder? While you may be able to come up with many creative uses, this is formally known as the 'Fumitake' – one of the easiest ways to give yourself a foot massage.

'Fumi', means 'to step on', and 'take', pronounced 'takeh' I refuse to let anyone butcher this name in the way Takeh has been for generations!

means 'bamboo', so within the name is the explanation of how to use this device. By standing on the fumitake, you can use your own body weight to push into the pressure points within your feet that are said to give you relief from tension throughout your body. Many Japanese in fact believe that daily use of the fumitake can improve your muscular-skeletal structure and blood circulation.

The fumitake (alternately known as the 'fukin') was invented by Samurais; on long patrols, they would cut down bamboo and roll their feet on it to relieve their tired feet. Urban samurais like you and I are probably more used to modern conveniences like ergonomic walking shoes and foot massage machines. But you'd be surprised how this simple piece of solid bamboo can be so fundamentally effective.

To mold falling down on the first try, I kept one foot on the floor and placed the other on the fumitake, gently pressing down on different parts of my foot. Slowly, I put my other foot on the fumitake, and then rocked back and forth – the sensation was immediate, and eye opening. While it is incredibly

simple, it does take some getting used to, and how intensely you use it is up to you. I'm on the heavier side: standing on the fumitake puts a lot of pressure on the soles of my feet, so I didn't need to spend much time on it. Afterwards, I did feel pretty relaxed, and felt proud that I conserved a little money as well as got to be a little more environmentally conscious. If you're going 'Green', you will definitely want one of these.

How much is the fumitake invented in Japan? Well I fear that nearly every household in Japan owns one. Why not? It is simple, convenient, and effective. In fact, the fumitake you see here is a standard family heirloom, handed down to me by my parents as a status symbol. The admiration for fumitake can get pretty intense – there are even special edition fumitake in Japan made of gold and silver. It may sound a little over the top, but once you try it, you'll see why this is an essential home item you can't live without.

Ask for one from your favorite Japanese store or look online to find your official family fumitake.

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| David Mire | Indicates |
| 1200 Park St (Box 2000) Worcester, MA 01654-2000 | Box |

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| Brooklyn | Zakka Corp |
| 101 Franklin St (Box 1000) Brooklyn, NY 11201-1000 | Box |

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LEARNING JAPANESE: DIFFERENT MOTIVATIONS, SAME PASSION AND ONE MOTTO, GAMBARIMASU!

Watashiwa Ruth-desu!" Oh the sweet sound of this first sentence that opened my horizons to an exciting and exotic language... if only I knew how far this linguistic journey would bring me. Eight years later, counting the number of hours I spent on my Japanese textbook and the few kumiko I memorized, I look back with no regrets on any of the challenges. Stepping back into a beginner's classroom was a great opportunity for me to learn about the new students' inspirations and review the basics I'd sadly forgotten.

PC Tech School offers the ideal setting to start a language as demanding as Japanese: classes on the weekends to accommodate a busy work schedule, classroom fully equipped with video and audio sets, students limited to five per class to enhance the learning curve and be attentive to each student.

The lesson, conducted by a Japanese native speaker, starts by reviewing the vocabulary accumulated over the past weeks. "No-nai", "tabemono", "Good morning", "shayouigutteshousu", "drawers" drawer? How can I forget drawer? "Drawer", "KIBO DAISHI"? It was probably stuck in a rusty drawer in my brain! This repeating method allows the words to anchor in the brain and is proven to be one of the most effective methods of learning a language. Always patient, "Sensei" [teacher] takes the time to review each blurry topic and moves on only when it is cleared.

The continuation of two textbooks, "Japanese for busy people" Vol. 1 and "Instant Immersion Japanese Workbook", respectively focusing on grammar and situational examples, teaches the minimum amount of Japanese needed to live in Japan and handle everyday situations; talking politics may still be a little for away, but at least you could order food in a restaurant, go to the post office and buy stamps, or talk about your hobbies with your friends.

As I talk with the students during the break, I realize that their present motivations are not very

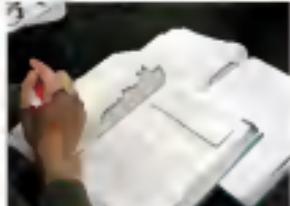
different than my past ones. Unlike Jordi or Stateline, I had no specific interest in anime or manga (surprisingly, this cute boy with curly hair throwing balls of lights to single-eyed aliens never appealed to me!), but I can relate to their motivation in wanting to access their favorite character in its original version, no subtitles needed!

Most of the young students intend to go to Japan and pursue their graduate education. Their introduction to Japanese language beforehand will be an invaluable asset to navigate the country the first few months and will certainly attenuate the unavoidable cultural meetings. Me wandering into a supermarket looking for oil, finally buying a bottle of unidentified substance and frying your sunny-side up eggs in a light bath of vinegar (Take of my first home-made tamagoyaki in Japan...).

The Japanese language is so rich in subtleties and nuances that I feel I could never fully master its complexity. But the point is not to speak a perfect Japanese or know how to write 2000 kana (by the way, only 500 are said to be necessary to read a newspaper!), the real purpose of diving into a foreign language is more a matter of human relationship than grammatical patterns. My grammar mistakes will soon be forgotten [I hope], but the people I met both in Tokyo and New York, who shared the same passion for learning and exploring culture, will remain dear friends and my memories.

— Reported by Ruth Bentah-David

PC Tech
879 Madison Ave-Fifth New York, NY 10021
Tel: 212-682-4274 | www.gutenberg.com
"PC TECH Instant Immersion Japanese Workbook" offers Japanese class on Saturdays. Their tuition is quite affordable: the fee for the 17 week programme is \$425 and it's won an iLMS discount campaign. The new semester will start on January 20th. For registration go to www.gutenberg.com/japaneseclass.htm. Also, PC Tech has a Japanese school in Japan called "NALS". This allows PC Tech students to continue further Japanese education. For more information about NALS go to www.gutenberg.com/japaneseclass.htm.



1. The class is based on a constant interaction with the teacher where everyone can have free access other's questions. 2. "Sensei" (teacher) focuses on the practicality of the language by repeating the words at a certain pace. 3. The textbook, "Japanese Language for busy people" Vol. 1 emphasizes on words and sentence patterns that the student will find immediately useful.



School Guide

Participating schools are listed in the following pages. Check individual ads for descriptions.

LANGUAGE

Japan East

Meisei Koto International

200 Japanese in 8th-12th

1999-2000

Japanese

Japan West

Aoyagi Language Institute

1000-1200 in American Phil/Mkt/Busi

1999-2000

Japanese

Mitsouji Int'l

Japan Society

1000-1200 in Busi, Busi & Mkt/Busi

1999-2000

Japanese

Mitsouji Int'l

Language House

1000-1200 in Phil/Mkt/Busi

1999-2000

Japanese

Mitsouji Int'l

PC TECH

1000-1200 in Phil/Mkt/Busi

1999-2000

Japanese

Others

ABC Language Exchange

1000-1200 in Phil/Mkt/Busi

1999-2000

Japanese

Others

Team

1000-1200 in Busi & Mkt/Busi

1999-2000

Japanese

Others

NYCDA

1000-1200 in American Phil/Busi

1999-2000

Japanese

Others

Japan Study Hall

1000-1200 in Busi

1999-2000

Japanese

Others

JRS of NJ

1000-1200 in Phil/Busi

1999-2000

Japanese

TRADITIONAL

Business Society NYC

1000-1200 in Phil/Busi/Mkt/Busi

1999-2000

Japanese

Others

The Okada Institute

1000-1200 in Phil/Mkt/Busi

1999-2000

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Okko School of Sushi-E

1000-1200 in Phil/Mkt/Busi

1999-2000

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Barbara Hebrew New York

1000-1200 in Sushi-E

1999-2000

Japanese

Others

Business Kodomo

1000-1200 in Japanese

1999-2000

Japanese

Others

Business Kodomo

1000-1200 in Japanese

1999-2000

Japanese

Others

E-Net Studio

1000-1200 in Busi

1999-2000

Japanese

Others

Business International

1000-1200 in Busi

1999-2000

Japanese

Others

Business School of America

1000-1200 in Busi

1999-2000

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Business Study

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Japanese Lesson #15

~ きます

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verb 3: to come~

"Akemashite omedetou gozaimasu." (Happy New Year!)

The first thing you'll learn in the year 2009 is the verb "kimasu" (to come). It looks similar to "kimasu" (to go), which you learned last year, but means just the opposite. Also, you have to be careful about its usage. It is used a bit differently than "kimosu". "Komasu" rarely takes "nouns" (it as its subject), unlike its English equivalent. You should not use "komasu" in the following situation, for example:

"Ara-gohan desu yo!" (Breakfast is ready!)

"Tena, ikimasa." (I'm coming.)

The word "komasu" is used instead of "kimosu" to

mean "I'm coming." You use "komasu" when the subject is the third person, as you'll see in the following example:

Smith-san ga Tokyo ni ikimasa. (Mr. Smith will come to Tokyo.)

Rascha ga ikimasa. (The train is coming.)

Hana ga ikimasa. (Spring will come.)

The structure is "subject + ga + kimasu." You might already notice that the particle "ga" is employed to introduce the subject. Notice the usage of "ikimasu" and "ikimasa" in the following statements.

Watanabe san ga shinjuku ni ikimasa. Tomo-

chichi ga ikimasa
ken-nou.

I will go to the New Year's party. Many of my friends will come.)

Tomodachi ga
Nyu Yoku ni
ikimasa. Wotashi
wa Tomodachi to

issho-ni Tokyoo Sabase ni ikimasa.

(My friend will come to New York. I will go to Times Square with my friend.)



Illustration by A. Yamamoto

JAPANESE

ga ~ particle that introduces the subject of a sentence; resultative; in

asengakusho ~ translation; ga a particle that emphasizes the content in a conversation; in; now

hatsu spring

shinjuku ~ New Year's party

tomodachi ~ friend

tokyoo ~ many + lot of

collocated with together

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Japanese Book Ranking (data provided by Kinokuniya Bookstore)

OBAMA REIGNS OVER JAPANESE BOOK RANKING

HARDCOVER TOP 5 IN JAPAN (12/8-14)

| Book title | Author | Publisher |
|--|-------------------|----------------------|
| 1. Taisaku Obama Eritsu-shuu | Barack Obama | Ashai Shuppan |
| 2. Nao ni h Koto Doko o Yamemasu | Mitsuru Shiozaki | Akita Shinsho |
| 3. Abenomics no Kadenbo | NRI | Shisei Shobo Seisaku |
| 4. D-Boys Photobook Dash! | Mitsuru Nishimura | Shobunkan Teibon |
| 5. Kokoza Zenshū Isamu Nishiochi Da Pachī! | Yutaka Hara | Poplar Shō |

THE MONTHLY PICK



OBAMA: THE MAN AND HIS IDEAS
David Sanger and Michael J. Guttenberg
The educational book is composed of speech-making speeches by Barack Obama, including the 2004 Democratic National Convention keynote address and 2008 Presidential election victory speech. All speeches come with complete translation from English to Japanese and sound bytes. The book also includes highlights of news English news used in reporting the election of 2008. (Book A)

PAPERBACK TOP 5 IN JAPAN (12/8-14)

| Book title | Author | Publisher |
|--------------------------|-----------------|-----------------|
| 1. Mikuru no Junsei | Kaoru Kurokawa | Mayakawa Shobo |
| 2. Raden Meiyaku 1 | Takeshi Kuroki | Kadokawa Shoten |
| 3. Raden Meiyaku 2 | Takeshi Kuroki | Kadokawa Shoten |
| 4. Senkoku | Yoshiaki Suzuki | Shōchōrensha |
| 5. Bishankoku Monogatari | Gen Yabu | Kadokawa Shoten |

THE MONTHLY PICK



RADEN MEIYAKU 1&2
Takeshi Kuroki, architect/author of medical mystery novels, delves into the world of the nursing care industry. Medical student Dolcote Tenma, is asked to investigate a nursing care hospital that made the hospital in famous for its spreads over by using advanced technology. However, he comes up with death cases that have no reasonable causes. Will he find the truth and prove the conspiracy? (Book A)

PICKS FROM KINOKUNIYA NEW YORK (ENGLISH BOOKS)



BLUE NIGHT PHOTOGRAPHS BY GEORGE HIROSHI WITH AN INTRODUCTION BY NORMAN MAILER — Princetonville Arts Press

Shot over the last four years, Hiroshi has created evocative and haunting images which capture the present with the past. As a second-generation Japanese-American, Hiroshi is a link to the photographer's heritage, as well as to New York City where he resides. His photographs are currently displayed on a Princeton gallery wall.



SWING! A SCANDINAVIAN PICTURE BOOK
ANGUS & BUTLER SINDEN — Workmen Pub. Co.

Swing! is a children's book with associated photos of children doing sports or athletic activities. In the super-hot tradition of *Charlie*, *Swing!* portrays the fluid action of a perfect athlete: perfect of movements like the swing of a baseball bat or a swimmer during the butterfly. *Swing!* is the first book in a series of children's books in colored pencils that show the action as the page is turned. This book is hard to maintain open!

Honoring the Traditions of Japan in the New Year

BOOKS ■ Kinokuniya

1673 Ave of the Americas,

(tel. 609-471-0100) 21 Avenue of the Americas (Port)

New York, NY 10019

212.869.1790

nyinfo@kinokuniya.com

www.kinokuniya.com





Exhibition

Through January 31 **FREE**

Chacochac Chacoch

ippodo Gallery

Ippodo Gallery in Chosha is currently holding an exhibition, "Chacoch (Liquid Chacoch)" for hand-made notebooks by the print-making designer midori Chacoch Negoro. Each Chacoch notebook is composed of about 900 individual parts and took Chacoch approximately 7,500 painstaking hours to create. Exquisitely pushing the boundaries of art, design and technology, Chacoch balances the raw energy of these machines with the grace and discipline of a classical violinist.

Location: 307 W. 26th St. (bet. 10th & 11th Av.)

New York, NY 10001

tel: 212.967.4999 / www.ippodogallery.com

Through January 30 **FREE**

Saito Etsu Inoue: BIRDSLEY MYSTERY

KIRINJI GALLERY

KIRINJI GALLERY, a contemporary art gallery on the Lower East Side, presents a solo exhibition by Audley Weller for the holiday season. Using Styrofoam, fluorescent lamps, plastic shopping bags and other commercial ephemera, Weller creates bright, upcycling installations that traverse the different elements of ownership, place and culture. Along with the exhibition, Takuboku, a traditional Japanese holiday gift box, will be displayed in the second gallery and Katsu Hiro's meteorically decorated items of women's clothing are exhibited in the third gallery.

Location: 47 Thompson St. (bet. Lafayette & Mulberry Sts.)

New York, NY 10013

tel: 212.475.9847 / www.kirinjigallery.com

Through January 31 **FREE**

My Childhood Story: An Exhibition of Hiroaki Chikita

Kagaku-dojin Tokyo

Hiroaki Chikita has been a comic book illustrator for the past thirteen years. He is now more passionate about producing fine arts rather than providing commercial works like

chosoch. Chacoch Negoro sure isn't in capability for expressing himself, and this effectively allows him to manipulate lines with a strong and soft touch at the same time. For the exhibition, *My Childhood Story*, Chosha has created special drawings, some of which will be offered at reasonable and affordable prices from 150 to \$100. On December 26, Hiroaki Chosha will have a live drawing performance.

Location: Gap-Jeon 1st Fl.

147 W. 26th St. (bet. Broadway & 8th Ave.) New York, NY 10001
tel: 212.967.5249 / www.kagakudojin.com



January 6-14 **FREE**

JAPANESE-MEXICO: Portraits of Contemporary Chosoch Photographers by Peggy Farrell Kaplan

Peggy Farrell Kaplan

Peggy Farrell Kaplan, a New York based photographer, is well known for her portraits of international choreographers, who explore new dance forms. The exhibition will include portraits of Karen (Bleee) Akagi, Maria, Edith Amagatsu (Genko Jukai), Saburo Tanigawara, Kim Ioh, Hinode Kogen (Dogen Taishozen), Kirokuji-Mura, the Sanzeninza Dancer, Chiyo, Ryoko Kondo (The Candy), and the New York based choreographers, Oki A. Rose, and Yoshiko Chuma. Focusing on the power of expression, often at close-up and larger than life, Kaplan searches for the inner movement that is the source for dance on stage.

Location: 45 W. 26th St. (bet. 8th & 9th Av.)

New York, NY 10013

tel: 212.967.2227 / www.peggyfarrell.com

January 29 - February 25 **FREE**

Magnificent Pianists That Crossed the Sea: 125th Anniversary Bechtold Building East & West

Peggy Farrell

After the Meiji Restoration (1868), New York became the primary market for high-end Japanese porcelain

outside of Japan. Meimurou-kunrei Jinen Heritake Company Ltd. played a leading role in Japan's export porcelain industry at that time and also created porcelain designs suited for the western market. In the exhibition, modern Japanese export porcelain that bridges the gap between both traditional and modern as well as East and West, will be displayed.

Location: 145 W. 27th St. (bet. 8th & 9th Av.) New York, NY 10001
tel: 212.967.2227 / www.peggyfarrell.org

Performance

January 7-24

Off-Off Broadway: Blue Bird production

Wittness Relationship



This is the American premiere of this Japanese play about scientific conundrums, the issue of indigenous species and the search for one's personal blue bird. The play, adapted by Ariane Graae (an Tales into Witness Relationship's tough-and-tumble style of physical theater, was well-rehearsed at the 2007 Equity Follies (feastofplay) Japan. It will cross involve a full production as part of "Spotlight Japan," a festival of new Japanese plays that are being presented in conjunction with the CUNY Graduate Center with support from the Japan Foundation NY.

Location: Chinese Soto Roler (520 1/2 Mulberry St. (bet. Brighton and Delancey) New York, NY 10002
tel: 212.260.4030

<http://www.thespotlight.org>
<http://www.witnessrelationship.org>

January 9-10

12th Annual Contemporary Dance Showcase Phase 2: Japan + East Asia

Japan Society

This annual festival displays the most cutting-edge dance from Japan, Taiwan and Korea. Highlights include world premiere from Dutch great Ivo Van Hove for his company of three male dances *As A Edge Co.*; *chelash* Theatre Company's contemporary duet *As Condition*, which was a finalist in the 2005 Tokyo Choreography Awards; and the newest and exciting solo work *It's a dream* and performed by Yoko Higashino, winner of the 2004 Tokyo Choreography Awards and founder of *Body-0*, with electric guitar emcee Yutaka Kikuchi.

Details: 230 E. 45th St. (bet. 5th & 6th Aves.), New York, NY 10017; 212.723.4230; www.japansociety.org

January 13

Hagaku: New Sounds of Japan 2009

Asia Society

Asia Society and the Japan Foundation present Hagaku: New Sounds of Japan. The 4-member Hagaku Ensemble *Fujizaku* immerses new life into shibuto, percussion music originally designed to accompany taiko and kabuki theater. The duo *Hiroyuki Arai*, with *Keisuke Kawakami* on tenor saxophone and *Osamu Takemoto* on bass, creates a great sounds blending jazz and hagaku through versatile improvisation. *Tomoko Tanaka*, Chef Editor of *Hagaku*, will give a pre-performance lecture on the mixture between art and entertainment in classical and contemporary contexts at 7pm. The concert will start at 8pm.

Details: 230 Park Ave. (bet. 42nd & 43rd Sts.), New York, NY 10017; 212.587.5488; www.asiasociety.org

Event Feature

OSHOUGATSU in GreaterNY Area

In Japan, the most important annual holiday is Oshougatsu. Two large Oshougatsu events will take place in Manhattan. On Sunday January 18, families may celebrate Oshougatsu with taiko-maki, Japanese traditional performances, and arts-and-craft activities including *kyuukou* and *tsuta* at the 14 Street Y in the Flatiron Village. There will also be a silent auction for adults.

On Sunday January 25, Japan Society will host an Oshougatsu celebration. Drawing more than 250 families and children, Oshougatsu is the one of the biggest events in their Japan's Annual festivities series offering *kyogen* (Japanese comedians) and *tsuri-dancing* (shiro-maiko). In addition, children can participate in *kyokan* (paper) and *tsuri* (paper) *tsukiyaki* (rice-stacking), *kyo-nakagaki* (rice-wafers), *tsukimi* (making of funny faces using paper), and *tsuchi*.

Lecture/Forum/ Film/Festival

December 27

Film Screening—My Neighbor Totoro

Symphony Space

My Neighbor Totoro is a true delight, a family film that appeals to children and adults alike. Vivacious Japanese actress *Miyuki Miyabe*'s whimsical imagination animates the story of two sisters' wonderful friendship with the spirits who inhabit an enchanted forest near their father's home. A rarely seen masterpiece by the creator of *Spirited Away* (2001 Oscar for Best Animated Feature). Ten screenings at 11am and 3pm.

Details: 1080 Amsterdam Ave. at 86th St., New York, NY 10033

212.531.6400; www.symphonyspace.org

January 4

Shins On Ice 2009—On the Edge: The Heart of the Champion on NBC

Stars On Ice

"Stars On Ice" is the ice skating show, featuring the Olympic, World, and National Champions, currently on world tour. *Yuka Sato*, the former Olympic-world champion and regular of *Stars on Ice*, will exhibit her elegant performances as a member of the 2009 Stars on Ice team. The *Hagaku* exhibition, which was held at the Olympic Center in Lake Placid, will be broadcast on NBC in April (ET). Enjoy the world class ice-skaters' performance in the New Year. *Chopsticks* NY March issue will feature *Yuka Sato*'s

Hakata-pounding

Those living north of New York City can join the Oshougatsu celebration in New Canaan, CT. On Sunday January 11, The Japan Society of Fairfield County will host an Oshougatsu celebration at Plum Tree Japanese Restaurant. The event will start with a traditional Japanese New Year's meal, *oden*, and continue with music and dance including a *kyogen* (comedy 3-string banjo) performance and *taiko-maki* (taiko-pounding).

Sunday, 1/11, 12pm to 4pm

Oshougatsu in New Canaan (Oden)

76 Main St., New Canaan, CT 06840; 203.860.4257

Sunday, 1/18, 1pm to 3pm

Oshougatsu at YYYork

341 E. 46th St., New York, NY 10017; 212.751.7550

Sunday, 1/25, 1pm to 3pm

Oshougatsu at Japan Society

333 E. 47th St., New York, NY 10017; 212.751.7550

exclusive interview

www.japansociety.org

January 14 FREE

Introducing Oshougatsu for Children and Adults

Oshougatsu

Oshougatsu offers a free introductory workshop to learn about Oshougatsu—a teach modality developed by author and international teacher Osho. The method is based on eastern, energy-based techniques that heal your body and improve rejuvenating power. You also receive a \$100 scholarship when you register for one of their courses within one week after the workshop. In addition to these, they will provide more focused sessions: Healing Sessions with Master Osho, every month such as "Tibet: Health" (Jan. 24), "Lower Back Pain and Sciatica" (Feb. 20), and "Elderly" (Mar. 14).

Details: 141 W. 26th St., 4th Fl. (bet. 6th & 7th Aves.)

New York, NY 10001

212.800.8760-4795; 443-0911.comwww.oshogatsu.org

January 22

Job Interview Preparation Seminar

Kacon Image

Image consultant Kacon Image is offering personal and professional tips to prepare for job interviews. Topics will include business manners, interviewing strategies, men's and women's attire and make-up and hairstyle. Complimentary snacks and drinks will be provided at the seminar, and it is expected to fill up quickly so make sure to reserve your spot! Details: 200 Park Ave., Suite 1400 (bet. Park Ave. & 5th Avenue) New York, NY 10022; 212.333-0239; www.kaconimage.com

January 23

Film Screening—Tales from the Teahouse

Japan Society

Tan-za (Kyoto Atami) emerged as Japan's comic antibiotics in 1969 and remained Japan's beloved comic for over 25 years. The 45-year *Tan-za* series chronicles the life of an unlikely yet remarkable comedian traveling through a rapidly changing Japan. On January 23, they will screen episode 8, *Tanagonzai* (Tea-za), from *Tan-za*. Details: 230 E. 45th St. (bet. 5th & 6th Aves.), New York, NY 10017; 212.723.4230; www.japansociety.org

Events

December 30

Celebrate New Year's Eve Countdown in Times Square with Toshiba Vision

The 10th New Year's Eve Countdown at Times Square will be even more exciting with *Indigo Waves*. The 100' inch, high definition, LED billboards combine four screens into one and its resolution is made up of almost 1.6 million RGB lamps. The event, which attracts a million people every year, will be the dazzling backdrop to the super class scores, which will see the countdowns. www.indigowaves.com 800.444.0470



December 31

March into Everett

Go-Restaurant

Starting at midnight at New Year's Eve, Go-Restaurant, located at St. Marks Place will be giving customers a taste of the Japanese New Year's Celebrations. Go-restaurant "mochi-tsuki" or rice pounding, sharing with attendees this freshly prepared mochi for \$2 and oyster juice (rice soup) for \$5. The event will take place outside the restaurant. Come celebrate how this is like the Japanese-style.

Location: 208 W. 3rd Street, 2nd & 3rd floor

New York, NY 10012

800.727.0440

December 31

The Grand Purification Ceremony

International Shinto Foundation (ISF)

The Shinto Buddhist ritual called the *Esan Purification Ceremony* will take place on the first day of December. It is offered in Shinto to expel the impurities that accumulate in our bodies in our daily life, and is necessary to welcome the New Year healthy. The lecture will start at 6pm followed by the purification ceremony. During the ceremony, paper dolls will be provided for transforming your impurities into them and then burned for exorcism.

Location: 208 W. 3rd St., Suite 200 (bet. 2nd and 3rd on 3rd Ave.)

New York, NY 10012

609.254.8717 (ext. 209-487-0312 (fax))

www.esan.org www.buddhistcenter.org

December 31

"Joyeux" New Year's Eve Chakra Service

New York Buddhist Church

Join the Japanese-style traditional New Year's Eve celebration. Reverend T. Koryuus Niizugaki will recite sutra followed by meditation, a dharma message, and New Year's collage art.

Location: 208 W. 3rd St., Suite 200 (bet. 2nd & 3rd on 3rd Ave.)

New York, NY 10012

212.254.8205

Issued by meditation, a dharma message and a gang ceremony. Refreshments will be served.

Location: New York Buddhist Church

202 E. 23rd St. (bet. 1st & 2nd Sts.) New York, NY 10010

Ext. 209-487-0305

January 1

Handmade

International Shinto Foundation (ISF)

Handmade is the traditional Japanese custom of visiting a shrine on New Year's Day. THE ISF will be open for those who want to do Handmade on New Year's Day from mid-night to 3 a.m., from 9 a.m. to 5 p.m., and on the 2nd-3rd from 9 a.m. to 5 p.m.

Location: 208 W. 3rd St., Suite 200 (bet. 2nd and 3rd on 3rd Ave.)

New York, NY 10012

Ext. 209-487-0307 www.isan.org

January 1

"Gembun" New Year's Day Service & Pot-Luck Luncheon

New York Buddhist Church

Join the Japanese-style traditional New Year's Day celebration. Reverend T. Koryuus Niizugaki will recite sutra followed by meditation, a dharma message, and New Year's collage art.

Location: New York Buddhist Church

202 E. 23rd St. (bet. 1st & 2nd Sts.) New York, NY 10010

Ext. 209-487-0303

January 1

New Year's Celebration

Mitsukoshi Marketplace



You can enjoy Japanese cultural New Year's events while shopping at Mitsukoshi Marketplace. The first 500 customers on New Year's Day will receive a free ornament or a gift, or a zodiac sign of the year 2008 in Japan. While waiting for the store to open, you can enjoy a Japanese drum performance by Taiko Matsuri. The highlight of the celebration at the traditional "mochi-tsuki" or rice pounding to make mochi, which children can participate in. On New Year's Day and the 2nd, Japanese New Year's meals or "toshikoshi" will be served at the local court. But this is your chance to sample a taste of the Japanese New Year. The Mitsukoshi Marketplace will run on a holiday schedule from December 20th - January 1st.

Location: 295 5th Avenue, Edgewater, NJ 07020

Ext. 350-355 www.mitsukoshi.com

33.267.941.612 www.statefarm.com

February 5-6

New York Comic Con

New York Comic Con is the biggest popular culture event on the East Coast. During the event, top entertainment industry leaders showcase the latest and the greatest in comic, graphic novels, anime, manga, videogames, toys, movies, television, and more. Special guests from each industry will appear each day.

Location: Javits Center, Ground Floor

653 W. 36th St., New York, NY 10018

www.nyccomics.com www.statefarm.com

Happenings

Introduction of Seasonal Winter Menu

Go Restaurant

As part of its new menu

Go Restaurant will be offering "bokkei sukiyaki" (\$11.15) and "toban" (\$11.15 and up) throughout March. The former is a mixture of vegetables like eggplant, mushrooms, tofu, scallops, and chicken endives along with chicken meat balls and menen in a chicken soup base prepared in a pot over a burner right at your table. You can mix the ingredients yourself and enjoy them in you dish. Other variants of unique and different ingredients such as boiled egg, radish, tamagoyaki and processed fish like eels steamed in a light soy-flavored broth. Choose which ingredients you want to have or try them all.

Location: 30 W. 26th St. (bet. 2nd & 3rd Ave.)

New York, NY 10010 212.254.3379



10% off Spa Treatments

Supply Spa

Through the month January, this spa/cosmetics that has been featured on MTV is offering a special New Year's discount to *Chopsticks* readers. With the couple's massage (\$60 min for \$130, 75-min for \$150, 90 min for \$180) customers are welcomed with champagne and can choose side by side Swedish or deep-tissue massages in a private room. With the Royal Bath treatment (jungle 90 min for \$150 couple 90 min for \$180), customers receive an aromatherapy massage followed by a Deep Sea salt scrub and a 90 min massage with a sea salt scrub on the end.

Location: 34 W. 26th St. (bet. 2nd & 3rd Ave.)

New York, NY 10010

Ext. 209-987-2946 www.supplyspa.com

20%-50% off Gift Section

Commerce Sales-and-Gift

Commerce is introducing a mega sale with discounts of 20%-50% off in gift section. For example, all jewelry will be marked down by 20%, and handbags and other accessories by 40%. All items from the original silk and linen collection will be sold at half price. This sale will only last until the end of the year so get there before all the good deals are gone!

Details: 148 Lexington Ave. (bet. 20th and 22nd Sts.)
New York, NY 10016
822-282-7066 | www.commercesales.com

Winter Clearance Savings to 70% off

Apparel

From January 7 to 31 Apples will be having a winter clear out sale with discounts of up to 40% on its line of tracksuits, layered apparel sets and parties. Beyond this famous brand denim and body dolls will be discounted up to 70%. Make a reservation in advance if you would like a fitting. If you visit Apples with this ad you can receive \$15 off of a purchase of at least \$150 (with the exception of sale items).

Details: 44 Madison Ave. (bet. 20th & 29th Sts.)
New York, NY 10016
822-322-4284 | www.apple.com

Fly From Newark to Japan and Earn Up to 10,500 Miles Miles

Continental Airlines

Register today to fly from Newark to Tokyo through Feb. 29, 2008 and you can earn 10,500 bonus miles on a qualifying round-trip purchased and flown in U.S. or 20% of service \$8,000 bonus miles on a qualifying round-trip purchased and flown in U.S. or 10% of service or 2,500 bonus miles as a qualifying round-trip purchased and flown in B, C, D, S or T class of service. Because Continental miles never expire, you can accumulate as many as you want and use them to apply rewards for special trips, upgrades or entire vacations.

www.continental.com | 822-980-2844

Tantalizing in Edible

Sushi

Japanese-style Chinese restaurant, Sushi will be offering its popular "magi-nihyaku don" for \$9 on Tuesdays. The usual price including salad and soup is \$16 at lunch and \$18 at dinner. The dish is loaded tender beef and takana (bowl green vegetable) on a bed of rice cooked in a stone pot. Its spicy wasabi and other types of sashimi are perfect for warming you up during the严寒.

ing winter days

Details: 148 Lexington Ave. (bet. 20th and 22nd Sts.)
New York, NY 10016
822-282-7066 | www.sakuragift.com

Sushi Sazanoff 15 Places for Sushi

Sushi Sazanoff Review

Starting in December, Sazanoff is offering an amazing sushi special that includes maguro (tuna), salmon, aji, hamachi (yellowtail) and unagi (eel), depending on what is fresh that day. Often the fish fluctuates from price point and black salmon might also be available. This top-grade sashimi deal will be offered from Monday-Friday through February 29. Sazanoff opened in April of 2007 and is headed by a sushi chef with 22 years of experience.

Details: 274 E. 57th St. (bet. 1st & 2nd Aves.) New York, NY 10022
822-422-4284

Charity Donation Month

Kasuya Holoku New York

Kasuya Holoku, known for their quality handbags and accessories, always support women's organizations. One group of the Young Japanese Breast Cancer Network http://YJCBNetwork.org, which provides support and information for women (among breast cancer). Beginning January 1st till the end of February, 10% of all KasuyaHoloku proceeds will be donated to the organization. Stop by Kasuya Holoku New York to show your support.

Details: 157 Madison St. (bet. Madison & Spring Sts.)
New York, NY 10016
822-322-9400 | www.kasuyaholoku.com

New Year Campaign - Get Relaxed by Japanese Shiatsu

iShiatsu

Japanese authentic shiatsu massage center, iShiatsu offers a promotional campaign through January 31. Receive heavenly treatments at 20% discount prices during



For Better Understanding and Expansion of Japanese Cuisine

The Organization to Promote Japanese Restaurants Abroad (JPO), New York Chapter

JPO is a non profit organization established in Japan with the purpose to provide support to overseas Japanese restaurants and to introduce Japanese foods in various parts of the world. Celebrating the establishment of its New York Chapter they held a kick off meeting on December 3rd at the New York City Side Table. Mr. Kaoru Ito, President & CEO of JPO moderated the meeting. Ms. Toshiaki Asanuma of the Ministry of For-

ing period. The service includes: Authentic Shiroku (1 hour) plus two options (one 1st choice) and Authentic Maruhi (1 hour) plus three options. The options are: Fresh Shiroku (15 min), Fresh Maruhi (15 min), Zen Stretch (15 min), Immense Shiroku (15 min), and Ito-ku (15 min). Due to charge to mention that you saw this promotional campaign in Chopsticks NY at the time of making your appointment. This promotion can be applied to 1st time visitors only.

Details: 4 E. 48th St. (bet. Madison & 5th Aves.)
New York, NY 10017
822-322-4284



Introducing New Style Ramen in New York:

Ramen Setagaya (St. Marks Place)

Ramen Setagaya in the East Village, has just opened its second location on St. Marks Place. They are now introducing a new dish, Gyoza Ramen, which has 4 5 ounce meaty noodles and lots of toppings including 4 slices of chichu (steamed pork), beansprouts, cabbage, garlic, etc. The energy-boosting ramen menu has a huge menu Japan healthy. They are offering this ramen for \$12.50 for lunch and \$11 for dinner.

Details: 344 St. Marks Pl. (bet. 1st & 2nd Aves.)
New York, NY 10003
822-233-3877/989 | www.setagaya.com

New Gallery Open:

Gallery Cheshire 32

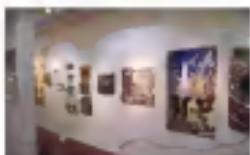
Galley Cheshire 32 is a brand new gallery space that has opened near the Empire State Building. They will exhibit contemporary art created by New York based artists, includ-



EVENT / ENTERTAINMENT / LEISURE

ing Japanese artists, every two weeks. Their vision is to provide art with a New York essence that can fit the New York lifestyle. The price range of the art is reasonable, somewhere from \$250 to \$3000. They provide their space for artists as well.

Location: 214 23rd St. (bet. 3rd & 4th Aves) New York, NY 10010
Tel: 646-549-7971



Get A New Year's Promotion Discount In January

Katouka Soba

Japanese full salon in Fort Lee NJ. Katouka Soba, offers a New Year discount campaign for Chopsticks NY readers. Until the end of January, first time customers get 20% off and repeat customers get 10% off from all services including facials, wax, and manicure. Offer valid on weekdays only. Location: 2050 Lawrence Ave., Fort Lee, NJ 07024
Tel: 201-545-8889

Holiday Soba Party Package

Aug 27

Starts 12/7 offering a holiday party package that's guaranteed to please. Available to parties of 4 or more, it is \$150 per person for 2 hours and includes free soba in a private room, customizing with 8 different toppings, unlimited drinks including Champagne. Advanced reservation is required, and calories and gratuity are not included in the price. Take advantage of this special offer this holiday season and be prepared to ring your heart out. The campaign lasts until January 31st.

Location: 204 2nd Ave. (bet. 20th & 21st Sts.) New York, NY 10010
Tel: 212-881-2229 / www.sobakatouka.com

Opening Campaign of New Grocery Store In Midtown East

Daisho-ya USA, Inc.

Japanese grocery store, established 1945 in Kameido-cho, Tokyo, has opened their first store in the US on December 24th. Celebrating this, they are giving away a set of eco-friendly reusable chopsticks, "My Chop", to those who buy a dinner box (\$15 minimum). The campaign will last until the product supply ends. See ad on page 17 for more special offers. Daisho-ya provides over 2000 kinds of premium Japanese grocery items, open 7 days a week from 10am to 9pm.

109 E. 49th St (bet. Lexington & 2nd Ave.)
New York, NY 10017
Tel: 212-555-2880 / www.daisho-ya.com

Opening Campaign In Japanese Restaurant at Gramercy

Momo-kitchen

Family oriented Japanese restaurant at Gramercy. Momo-kitchen serves authentic Japanese cuisine with side-to-sides such as shabu shabu, ramen, and soba/soba. They will have an opening discount until January 23, offering a 10% discount from the retail cost. Also, they're offering an "All You Can Eat in 21 Hours" campaign from Sunday to Wednesday. You can choose either Soba/soba dinner or Teppanyaki (Hibachi, beef or pork) dinner, which come with rice and salsa. Two entrees cannot be used at one time.

Location: 152 E. 20th St. (bet. 2nd & Lexington Ave.)
New York, NY 10010

Tel: 212-649-3800 (Rockefeller PIQ)

January Highlights: Reading and Book Signing

Kokinshu Bookstore

Kokinshu Bookstore in Bryant Park plans to have their annual January 16th January 11, they will have O-Hanabi-ka, a Japanese reading for children. The event starts at 11:15am. On January 16th Japanese strengthen winter and book authors will visit the store for a signing of his newly released CD "I Love Agave." The event starts at 3pm. Location: 400 Avenue of the Americas

101 E. 49th St. New York, NY 10017

Tel: 212-523-0827 / www.kokinshu.com

Sake Events

3/16/08

For those who plan to visit Japan and enjoy local delicacies, this is the perfect opportunity. Japan's leading sake-brewers will be gathered for the "Nigata Sake no Iri" event that March 16th, over 500 types of sake from as many as 160 different breweries will be featured and entrance is free. To attend this event you can save money by riding JR East, an which Nigata is only a two-hour trip from Tokyo on the Joetsu Shinkansen line.

Location: Nigata Convention Center

<http://www.jpnctc.jp/jp>

Moonsflower Special: Treatments on January for a Limited Time Only

Moonsflower Spa

Moonsflower Spa offers treatments that help you jumpstart 2009. The limited time offers include Deep Sea Collagen Facial (\$65 min, \$150), Ultimate Deep Pure Cleansing Facial with Peel (\$55 min, \$175), Regenerating Facial (\$60 min \$100), Hot Oil Body Massage (\$60 min, \$125), Thermal Ball & Sandal Body Massage (\$60 min, \$125), and Body Scrub (\$60 min, \$70). Facial extensions can be added to facial treatment for \$20. Mention Chopsticks NY to receive the above special treatment.

Location: 412 1st St. 2nd Fl. (bet. 3rd and Madison Aves.)
New York, NY 10010

Tel: 212-643-8209 / www.moonsflowerspa.com



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AN CAFE: FASHIONABLE ROCK IMPORTS WITH AN EDGE

By Sam Frank

Rock music is like a shape shifter in that it can be an incoherent old British rocker who claims to be the Prince of Darkness one day and three brothers who make teenage girls scream like bitches on another. Recently in Japan, Rock comes in the form of five tall-armed musicians with a penchant for overhand and rocker-mom glasses, streaked hairdos circa 1985, and loose neckline called *An Cafe*. About to unleash the album *Gold-Tone Rock Cafe* on American ears, *An Cafe*, made up of vocalist Miuu, bassist Karen, drummer Tenshi, guitarist Takuza, and keyboardist Ya-Ya, brings more than just its bohemian cyber-punk sound alongside. It re-introduces America to a musical genre popular in Japan called Visual kei (by the way). Bands that fall under this category generally distinguish themselves with over-the-top exotic outfits and make-up

so outrageous that you would think they just finished shooting each other with paintball guns.

Despite Visual Kei's Japanese explosion in the late 1980's the concept of elaborate wardrobes and face paint on stage flourished in America a decade earlier thanks to artists like David Bowie, KISS, and Alice Cooper, but people here referred to it as Glam Rock. The visual artistry associated with Glam Rock were just as important as the music itself (similar to Visual Kei artistry). Even though the parallels between both genres were uncanny America was slow to accept Visual Kei artistry, but with Japanese rock sweeping the nation faster than wildfires in California the stage is set for *An Cafe* to show Americans what the international buzz is really about.

Although rock music can take on various shapes



An Cafe's Official website: www.ancafe-web.com

and sizes the magnetic sound of *An Cafe's* *Gold-Tone Rock Cafe* proves that no-matter what Rock looks like, the essence remains the same, and that's what keeps people buying music.

Sam Frank works as managing editor of *Unfitted Magazine*, NYC.

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Traveling through the Sub-Zero World by Train

Wondering how to enjoy traveling through subzero weather in Japan? Hokkaido, the northern tip of the Japanese archipelago is proud of its untouched rich nature, and winter is the best time to see local geographical characteristics and the lifestyle that collides with the harsh winter weather. Located close to Siberia, in Russia, the icy winter makes Hokkaido so distinctive for lifestyle and urban development. The uniqueness of Hokkaido's winter tourism is reflected in Japan's fabulous train system. Serving Hokkaido's sparse population as well as keeping the excellent level of transportation in the harsh yet beautiful nature, the Japan Railway Co., Ltd. known as JR, operates a solid train system with unique ideas and services. Here are some of the features of train travel around Hokkaido.

NOROKKO TRAIN

Japan Railways Group New York Office



You can't miss the view of floating ice on the Okhotsk Sea if you travel to Japan in the middle of winter. The best, and perhaps unique way to enjoy this view, is Norokko train. This train travels the most scenic area of Hokkaido, between Shiretoko-Shari and Abashiri during the winter along the eastern coast of Hokkaido, through the magnificent winter view of floating ice on the ocean in the harsh icy Siberian weather, twice a day from January 21 through March 4, 2009. This is the only train line with a view of the floating ice, and it's worth it to reserve some wide seats in the four car train to enjoy the breath-taking scale of the winter Okhotsk Sea. The train takes longer time at each station: Kussharo-Shari, Hara-Shirogane, Karashima and Abashiri. Ten-out of four cars of this line have panoramic windows for the ocean view. A reservation is recommended if you can find the train schedule in advance. The train rate is available at

about \$2, and reserved seats are in extra \$3. Also enjoy the cigar stove that warms inside the train car.

KITAHAMAMA STATION



This station is located the closest to the waterfront in the country, and the Norokko train stays a little longer. The reason is its location and the magnificent view of floating ice on the sea of Okhotsk from the adjacent observation deck. In the sub-zero weather, the train stays in this station for longer time than usual stops as the passengers take in the breath-taking view of the sea Okhotsk from the adjacent observation deck. The train track is literally right by the coast line, so walk down to the snow-covered train track from the platform to enjoy the 360 degree horizon of the ocean. Find the cafe inside the train station that was converted from the original station master's office. The wall of the waiting room is filled with business cards, greeting cards, old tickets, boarding passes that were posted by visitors from all over the world, who were impressed by this modest yet strong community coexisting with the breathtaking nature in the harsh weather.

SIL(STEAM LOCOMOTIVE): THE RETROSPECTIVE SCENIC LINE THROUGH KUSHIRO

Kushiro, the third largest city in Hokkaido, sits next to Kushiro-Shitsugen National Park, the largest marsh in the country. In 1980, the international accord was signed to preserve this very open landscape that accommodates a complete ecosystem among water levels, and remains a some of the scenic areas of Hokkaido. The gulficed winter view is particularly splendid, and the seasonal scenic locomotive runs through this scenic track that was once closed in 1975. For

commemorating the development history of Hokkaido, they're running a special locomotive train from 1940, pulling train cars with clavat dragons that bring everybody to the good old days. The locomotive, known as SL in Japan, abbreviating steam locomotive, represents Japan's unique adoption to the western technology and the days of Japan's high spirits for adventure as well as the traditional chime. Departing from Kushiro station, this seasonal scenic locomotive runs to the area's rich hot spring town Kawayu Onsen station.

<http://www.jrjr.jp/989/029.html>

KAWAYU-ONSEN STATION

Natural hot springs are the gift of Japan's unique geography and Hokkaido houses several of them. Among them, Kawayu-Onsen springs are known for rich sulfur water that treats muscle relief and chronic skin problems. The gemmy as this popular hot springs in the vast open eastern Hokkaido is the Kawayu-Onsen train station, which welcomes visitors with its own chime dynamics. Stepping inside the small wooden station built in 1936, there is a cozy fountain with the local natural spring water where people can relieve their stress from the long trip or just warm themselves up while waiting for the train. Although this station is not attended by a full-time station master, the charming Orchard Green Restaurant serves delicious beef stew and green coffee to locals and visitors passing through. Other than the hot springs, Kawayu-Onsen station serves Hokkaido's beautiful bakes of Meshabu and Karashuka.

— Nor Akiishi, Public Relations Manager at the New York Office of JNTO



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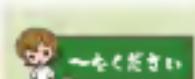
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CHOPSTICKS' February Issue (publish on 01/23/09)

TRAVEL TO JAPAN

In the February issue of Chopsticks NY™, we'll be featuring travel tips to Japan. The editorial contents will include articles on Japan's World Heritage Sites as well as famous tourist attractions. This convenient and comprehensive guide is sure to be the perfect reference for planning a trip to Japan.

Editorial Content Overview:

1 WORLD HERITAGE SITES

There are 3 natural and 11 man-made landmarks in Japan that are designated World Heritage Sites. This article introduces and explores these sites that are unique to Japan.

2 TOP 3 FAVORITE LANDMARK SITES & TOURS BY TRAVEL AGENTS

In this section, a complete list of travel agencies that specialize in booking tours to Japan is provided. Also, these travel experts share their top 3 recommendations and must-see locations with Chopsticks NY.



What on Earth?

成人の日

SEIJIN-NO-HI



About the time when the festive mood of Oshogatsu (the Japanese New Year) calms down and everything returns to its normal schedule, Japanese observe **Seijin-no-Hi** or Coming of Age Day. Formerly held on January 15th and currently on the second Monday of January, Seijin-no-Hi was originally established as a national holiday in 1948 as a day to celebrate youth becoming adults. But at what age does one become an adult? In Japan, although people are permitted to drive when they turn 18 years old, the drinking age, the smoking age, and the voting age are all 20 years old. Thus, the age at which Japanese are considered adult is 20.

On Seijin-no-Hi, each community holds a **Seijin-Shiki**, a ceremony for those who will turn 20 years old in the year. The young people dress up in their best clothes and gather at the city hall, where they listen to the speeches of celebrities and enjoy refreshments prepared by the municipal office. After the ceremony, many of them have parties to celebrate this day with friends.

Since this day is a milestone in their lives, many young people, especially women, wear their very best (and usually expensive) outfit and take portraits at photo studios. Many women wear **fusode**, the highest quality kimono, which have long, flapping sleeves and usually cost around \$5,000-\$30,000. **Furisode** are only allowed to be worn by young, unmarried women, so **Seijin-Shiki** is the perfect chance for these women to show off their youthfulness and exquisite clothes. Accordingly, these ceremonies mean big business for the fashion and beauty industries. Renting a kimono is also common among those who can't afford expensive outfit. Beauty salons often help with hair and makeup as well as with the elaborate kimono dressing procedure.

While showcasing young people's coming of age, **Seijin-Shiki** highlights current issues in Japanese society as well. For example, overpopulation in metropolitan areas and depopulation in rural areas are escalating. In cities, municipal halls are often unable to provide enough room for these events. On the other hand, it may be hard for country towns to afford for them. Another example can be seen in the **Seijin-Shiki** ceremony itself. Since the ceremony is organized by the municipal office and many important people in the community are invited, it has a tendency to be political. Instead of celebrating young people, the ceremony sometimes provides politicians the opportunity to promote their policies as though it were a rally.

The most serious issue that should be emphasized here, however, is young people's bad manners. They frequently do not stay quiet while guests are making speeches or they annoy the guest speakers. In the worst cases, they do not even enter the hall and instead make a lot of noise outside like children. This appears to be evidence of the increase of those known as "NEETs" (Not currently Engaged in Employment, Education, or Training), "freeters," or "free arbiters" (those who earn money only from part-time or temporary jobs). Such young people are not willing to become members of adult society and take on responsibilities.

The economy in Japan is not as strong as it was in the 80s, and the unemployment rate is one of the highest ever. It is not an easy climate for young people to grab opportunities and fulfill their dreams. This, however, cannot be an excuse for their poor manners in **Seijin-Shiki**. Rather, they should spend this day thinking about the meaning of **Seijin-Shiki** and becoming more serious about their future.

Healthy & Happy New Year from Azuma Foods!

Shrimp meets Foie Gras



Shrimp is so common in many cooking styles, adding variety to many menus. Azuma Foods' new product of shrimp sheet, called AB Sheet, inspires a lot of high-caliber chefs in New York. One of them is Mr. Takayuki Miyama, the executive chef of LAN, a contemporary Japanese restaurant with over 10 years of business in the competitive restaurant neighborhood of the East Village.

The AB Sheet is superior shrimp meat formed into a thin sheet. This unique form instantly gives Mr. Miyama several menu ideas. Mr. Miyama, famous for being a most dahl master, shows his Foie Gras Terrine with Shrimp Layer and says, "The AB Sheet is convenient to add the delicious shrimp flavor, texture and color to my dishes." The AB Sheet synchronizes with the robust flavor of his original foie gras terrine, which has the natural sweetness of Marcona almond and dried figs that are mixed in. The rich and creamy texture of the terrine, a touch of crunch and the plump AB Sheet create a comfortable harmony all together in the mouth. Also, the AB Sheet adds a bright touch to the neutral col-

or of the terrine, and presents Mr. Miyama's terrine in the perfect visual balance. His creation proves how an unconventional combination of sea and land can enhance each other.

Mr. Miyama explains the significance of the AB Sheet. "The product is great because I can also roll and sandwich ingredients, other than layering like today's dish." He is confident about this product and continues, "It adds a fine and delicate shrimp flavor to all high quality ingredients I serve on the plate. This makes my dishes exquisite."



LAN
56 Third Avenue, New York, NY 10003
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www.lan-ny.com

METHOD

FOIE GRAS TERRINE WITH SHRIMP LAYER

- (1) Make mornay sauce, mixing sautéed miso (white miso) and parmesan cheese with some other seasoning. Spread the mornay sauce on AB Sheet.
- (2) Place the AB Sheet on a grill pan and grill it briefly until the miso sauce gets a light brown color.
- (3) Prepare the foie gras terrine with the Marcona almonds, dried figs, shallot, parsnip, salt and pepper.
- (4) Layer the AB Sheet on top of the foie gras and cut into blocks.
- (5) Make the sauce with sugar, juice and skin of yuzu (Japanese citrus).
- (6) Toss the sauce over the terrine.



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